

20-MINUTE WEEKNIGHT MEALS P.37

Cooking Light®

OCTOBER 2015

Chili 7 Ways

Comforting Recipes for the Season

Beef and
Two-Bean
Chili
P. 116

6 BEEF
DINNERS
ON A
BUDGET
P. 138

EASY
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the less common—and
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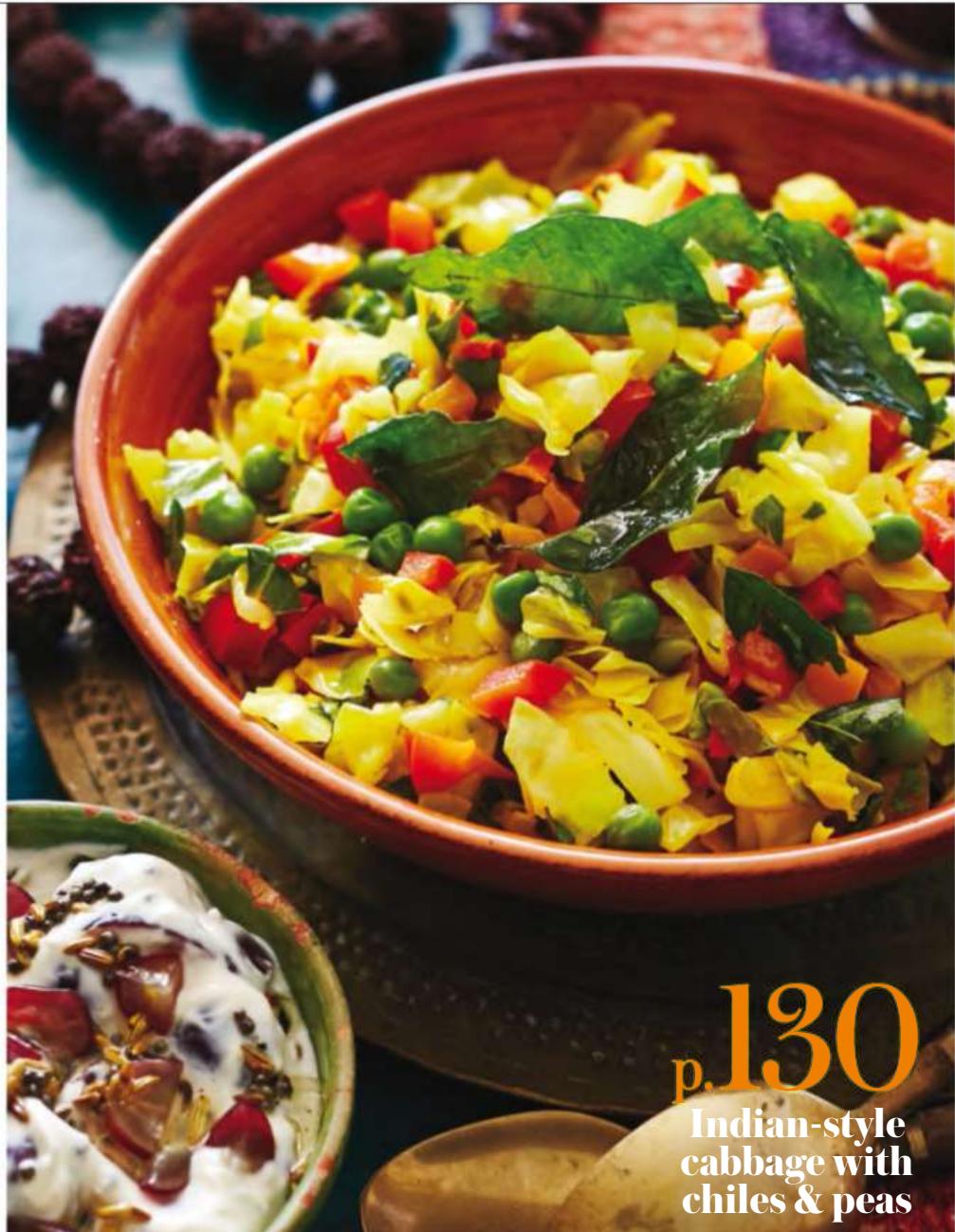
Jennifer Causey

FOOD STYLING

Chelsea Zimmer

PROP STYLING

Claire Spollen



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Indian-style
cabbage with
chiles & peas

PHOTOGRAPHY: (CLOCKWISE FROM TOP) IAIN BAGWELL (2) AND JENNIFER CAUSEY (2)

3 STAFF
FAVESTO COOK
RIGHT NOW

PARTY TRICK

Meet your new
favorite dinner
party salad: It's
flavor-packed and
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FEISTY
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CREAMY
COMFORT

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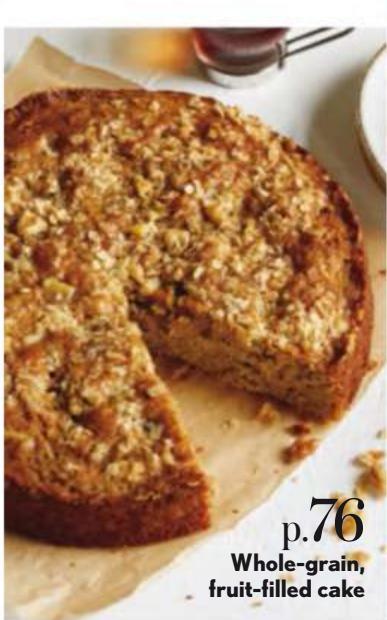
Surprise: Many experts aren't fans of counting calories.”
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5-ingredient flank steak with herb dressing

GREAT FINDS
TO CELEBRATE
OUR FAVORITE
FALL FOODS

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Whole-grain, fruit-filled cake



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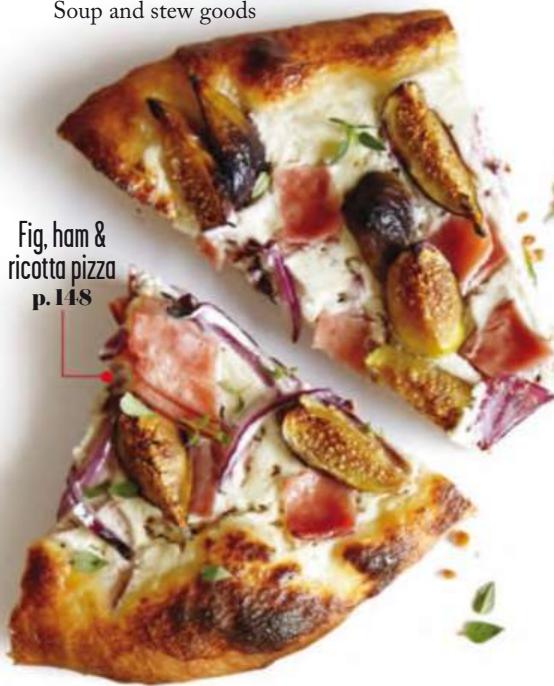
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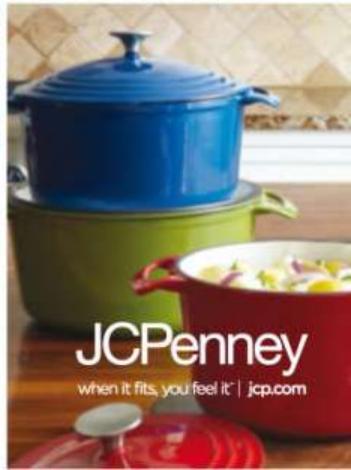
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note from the editor

SPICE OF LIFE

WHEN THE INVITE GOES OUT FOR

a neighborhood chili cook-off, you should expect a little trash talk about the merits of fire-roasted Hatch chiles or the role beans should or shouldn't play. Host a cook-off at a food magazine, though, and the fightin' words really fly. And so it was leading up to the main event in the Cooking Light Test Kitchen, where at the appointed hour Test Kitchen Director Katie Barreira threw down the gauntlet with an inspired Cincinnati chili riff. Recipe Tester and Developer Deb Wise wowed us with an impossibly meaty vegetarian version. Assistant Food Editor Darcy Lenz brought her A game with an avocado-laced white chili, and Senior Food Editor Tim Cebula took home the blue ribbon with his Beef and Two-Bean Chili (pictured at right).

Then the food team refined the winning recipes and tested them again. Tim shared two award-worthy secrets: Gebhardt chili powder and "chili grind" beef, a thicker grind than hamburger, from a ½-inch plate.

Uninspired by so many bean- and tomato-laden vegetarian recipes, Deb used wheat berries in her chili to give it chew and boosted the umami flavor with glutamate-rich liquid aminos. Smart. And Katie hewed the Cincy chili to our nutrition guidelines—no small feat given the traditional version's spaghetti overload—by inverting the pasta equation and crisping some noodles in a pan to deploy as a crunchy garnish. Find these recipes and tips in the cover story, which begins on page 110.

We don't just phone in the 70 or so recipes we publish every month. Each one requires R&D, rigorous crunching of nutrition numbers, and context (is it a 20-minute work-night stir-fry or Saturday game-day chili?). Each recipe requires delicious problem solving.

A good chili is more than the sum of its parts. It nourishes. It brings people together. And it takes soulful flavor from a precise layering of the right ingredients. Smells a lot like the recipe for a great food team, actually.



HUNTER LEWIS

hunter@cookinglight.com
  @NotesFromACook



PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: AMY STONE

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LETTERS



A MUCH BETTER BURGER

I found your August issue on a flight recently, so I made the Clean Veggie Burgers (p. 73) tonight for dinner. *Delicious!* The texture was perfect. I love vegetarian cooking that is full of flavor and good for you. I have been looking for a veggie burger recipe and take it as divine providence that I found your magazine during my travels.

LEAH WERNER
COLUMBUS, OH

THE KIDS LOVE US

Every month my children select recipes they want to try. They get to help me shop, prepare, and serve the meal. I insist the recipes must come from *Cooking Light* because I love how your recipes create the opportunity to teach my family how to shop and cook in a healthier manner. Thank you for helping to create opportunities for my family to have fun while cooking and learning together!

SHANNON GUNTER, LIVE OAK, FL

STICKY SITUATION

What went wrong with the Creamy Polenta (August, p. 26)? Is the liquid-to-grain measurement off in the ingredient list? We couldn't get the liquid to absorb even

with an extra 15–20 minutes. In fact, we left it simmering while we ate the Pan-Roasted Pork Tenderloin and Peppers (p. 26) (yum!), and by the time we finished eating, the polenta was still runny, so it went down the drain. Any advice?

STACIE KING, BLOOMINGTON, IN

Editor's reply: Yikes. Thanks for the heads-up. The recipe should have called for 1 cup of stone-ground polenta (instead of $\frac{1}{2}$ cup) to the $4\frac{1}{2}$ cups liquid.

SAVE THE FIGS

How long will the Small-Batch Fig Jam (August, p. 124) last in the refrigerator?

PAM WEILBRENNER, GOFFSTOWN, NH

Editor's reply: This fig jam will last about one month in the refrigerator. Enjoy, Pam!

“ I had a weight loss goal but really never thought I'd reach it. I can honestly say the Diet really helped me. Actually it kind of left me speechless and surprised that I was actually able to get there. I've lost about 8 pounds, and for a 5-foot person, that's like ... a lot. **”**

—Pilar Schaefer,
CL Diet member from
Wichita, Kansas

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from COOKING LIGHT'S EDITORS

let's get cooking!

TODAY'S SPECIAL

Chicken Jardinière

Culinary legend Jacques Pépin demonstrates the deep comfort of rustic French cooking.

BY TIM CEBULA

For master chef Jacques Pépin—who celebrates his 80th birthday later this year—the classic French stew Chicken Jardinière recalls fond memories of his mother's home cooking. "It's a dish I've loved for as far as I can remember," Pépin says.

His mother's approach to the dish was slightly different. She'd use chicken gizzards to boost flavor, rather than pancetta, which Pépin uses. She'd also sauté with butter and leave the chicken skin on. Pépin's take is a little lighter but every bit as simple, and that's where much of its charm lies. "You don't have to torture yourself analyzing what's in the dish. All the flavors are right there."

Pépin's mother didn't have chicken stock on hand to make this stew, and he finds it's not even necessary: He deglazes with a little white wine and water after browning the chicken, and the liquid gains body and full flavor after a long



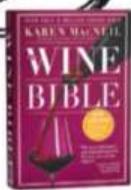
Chicken Jardinière
Recipe p. 12



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& SAVE RECIPES
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SEE PAGE 8

WINE-ED

The updated second edition of Karen MacNeil's *The Wine Bible* hits shelves this month. (Workman, \$25)



let's get cooking!

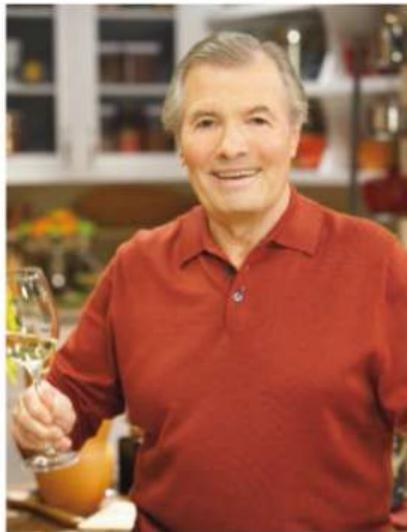


GO BITTER

Endive's pleasantly astringent edge pairs well with bold blue cheese, nuts, and mustardy vinaigrette.

simmer with the meat and vegetables. "You're not going to see this dish in haute cuisine," Pépin says. "But it's the kind of thing you can cook for a friend and you know they're going to like it."

Chefs, culinary organizations, and food media have feted Pépin this year to honor the legendary chef's crucial role in teaching America to cook. Find this dish and nearly 200 others in Pépin's new cookbook, *Jacques Pépin: Heart and Soul in the Kitchen*, out this month from Houghton Mifflin Harcourt (\$35).



CHICKEN JARDINIÈRE

Hands-on: 30 min.

Total: 1 hr. 15 min.

*Pancetta lardons lend rich flavor to this simple French stew, adapted from Pépin's new cookbook, *Jacques Pépin: Heart and Soul in the Kitchen*. For convenience you can prepare the stew ahead, leaving out the green peas; then add the peas for the last 2 minutes of reheating to preserve their texture and color.*

1 tablespoon peanut or canola oil
2½ ounces pancetta, cut into 1-inch-long, ½-inch-thick strips
4 chicken leg quarters, skin removed (about 2 pounds)
2 tablespoons all-purpose flour
1 teaspoon freshly ground black pepper

½ teaspoon kosher salt
¾ cup dry white wine (such as sauvignon blanc)
¾ cup water
1¼ cups (1-inch-thick) slices carrot
1½ tablespoons coarsely chopped garlic
12 small red potatoes (about 8 ounces)
8 cremini mushrooms (about 5 ounces)
12 small pearl onions (about 4 ounces)
1 fresh thyme sprig
1 cup frozen petite green peas
2 tablespoons chopped fresh parsley

1. Heat a large Dutch oven over high heat. Add oil to pan; swirl to coat. Add pancetta; sauté 2 minutes. Add

chicken; cook 8 minutes, turning once. Sprinkle flour, pepper, and salt evenly over chicken mixture, turning chicken to coat; cook 30 seconds. Stir in wine and ¾ cup water. Add carrot and next 5 ingredients (through thyme); stir well. Bring mixture to a boil; cover, reduce heat to low, and cook 45 minutes. Add peas. Bring mixture to a boil; cook 2 minutes. Place 1 chicken leg quarter and 1 cup vegetable mixture in each of 4 bowls; sprinkle each serving with 1½ teaspoons parsley.

SERVES 4

CALORIES 365; **FAT** 12.8g (sat 3.9g, mono 5.5g, poly 2.6g); **PROTEIN** 31g; **CARB** 28g; **FIBER** 4g; **CHOL** 123mg; **IRON** 3mg; **SODIUM** 545mg; **CALC** 58mg

TRENDING NOW

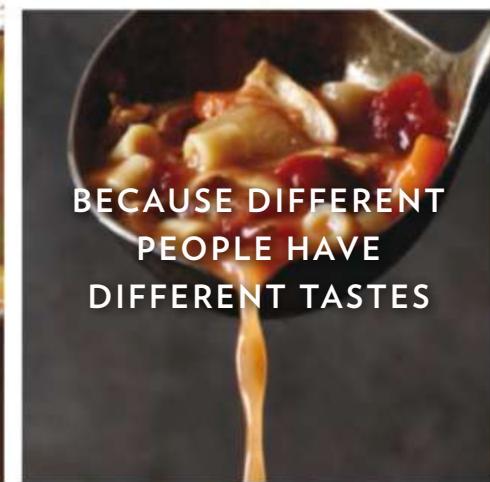
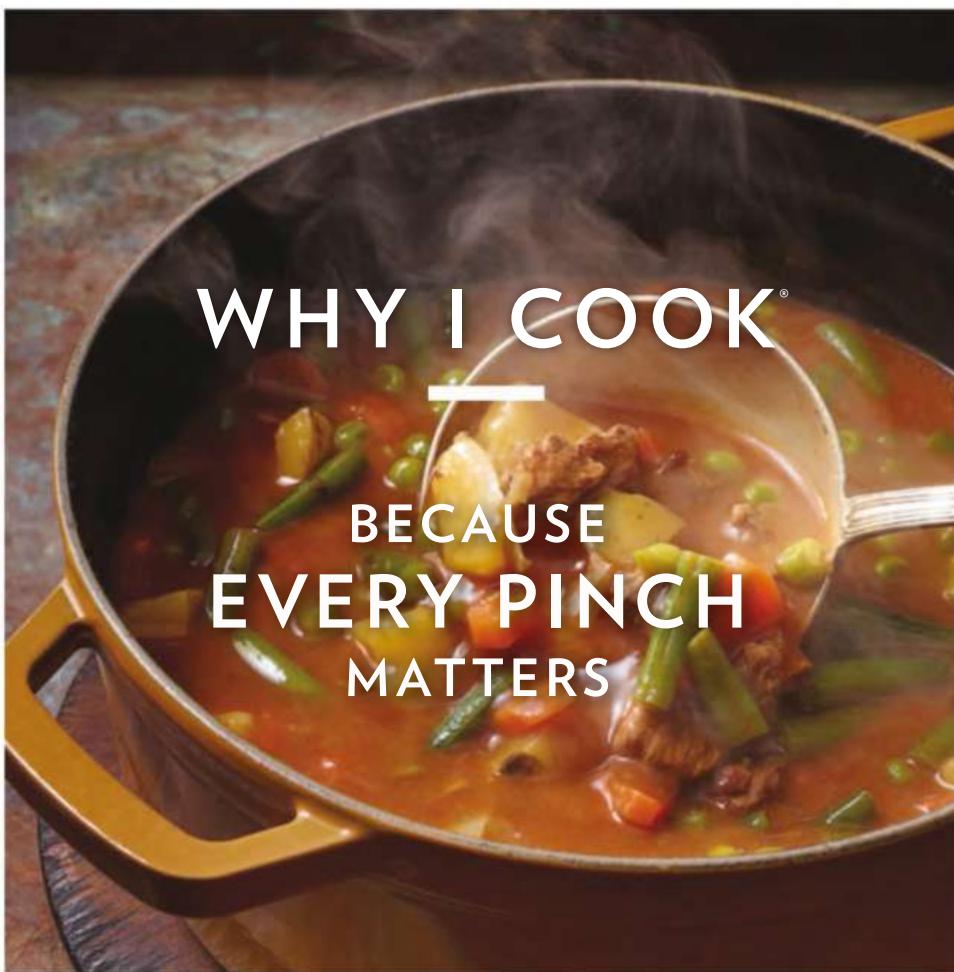
INSPIRALIZATIONAL

When life gives you carrots, zucchini, and sweet potatoes, spiralize them!

The gadget that turns vegetables into delicate, twirly noodles has taken Pinterest boards and home kitchens by storm. Gluten-sensitive eaters and creative cooks tout the tool's power to make day-to-day meals extraordinary. But go beyond veggie spaghetti—use spiralizers to make stunning salads, vegetable-packed bowls of faux pho, and crazy crisp hash browns. Give it a whirl with Oxo's Handheld Spiralizer, \$15, oxo.com, or Benriner's Turning Vegetable Slicer, \$80, jbprince.com.

—DARCY LENZ





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FOR SHRIMP

Shrimp skewers call for a crisp chardonnay like Beringer's 2013 vintage. \$16, beringer.com



let's get cooking!

FOR CHILI

Beefy red chili wants a fruity, low-tannin wine like the 2011 Vaza Crianza. \$15, heredadcollection.com



1



2



3



4



MOST WANTED

Whip Up Spectacular Soups and Stews

The goods for turning out great fall food

BY KIMBERLY HOLLAND

1 BLEND IN

Breville's Boss blender creates silky-smooth soups (and smoothies and purees) in just seconds. \$450, brevilleusa.com

2 SUPPER CERAMICS

We love Le Creuset's single-serve Matte Mini Cocottes as festive bowls for soup toppers. \$75, lecreuset.com

3 SOUPER STAR

Black + Decker introduces its first line of slow cookers, available in 4 modern patterns. \$30, blackanddeckerappliances.com

4 FOR HOT POTS

Function meets art form with Zestt's organic cotton tea towels, available in 3 colors. \$12 each, shopzestt.com

5 ICONIC PAN, NEW COLOR

Staub's classic 4-quart enameled cast-iron cocotte is now available in a woodsy green color aptly named Pine. \$150, surlatable.com

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LUCKY READ

Lucky Peach magazine's first cookbook, *101 Easy Asian Recipes*, is out this month. (Clarkson Potter, \$35)



[let's get cooking!]



SWEET!

Hand out organic OCHO candy bars for a trick-or-treat upgrade. We love the Caramel and Peanut Butter.



HELP ME, KENJI

Q: Your new cookbook, *The Food Lab*,

is packed with brilliant tips on the hows and whys of good cooking. Can you give us a sneak peek at a couple of your favorite tips?

A: Gladly! Let's start with salads.

Ever notice how halved cherry tomatoes and diced cucumbers can turn a nice chopped salad watery? Try salting them 15 to 30

minutes in advance and letting them rest in a colander. Presalting also helps intensify the flavor of the components in a chopped salad.

On a related note, try rinsing sliced onions in warm water before adding them for all the sweetness and none of the bite—as I do with red onion in my Marinated Kale Salad here.

Another (non-salad) tip: Because fall is the start of meat loaf season, use powdered gelatin to add moisture to your meat loaf and meatballs. A single quarter-ounce packet of gelatin bloomed into the liquid portion of your recipe (whether it's buttermilk, broth, tomato sauce, or even just water) will create a cross-linked network of proteins that keeps juices locked inside until you're ready to slice and serve.

GETTING TASTINESS DOWN TO A SCIENCE

"I'm a nerd, and I'm proud of it," J. Kenji López-Alt declares in his massive—and massively informative—new cookbook, *The Food Lab*. The MIT grad and professional cook-cum-Serious Eats chief creative officer spent years systematically testing ways to make food tastier. The 300 recipes here prove his experiments successful. From the secrets to perfect steak (hint: flip frequently) to no-fuss risotto, the book is a catalyst for great cooking. W. W. Norton, \$50, 938 pages —TIM CEBULA



MARINATED KALE SALAD

Hands-on: 15 min.

Total: 1 hr. 15 min.

Kenji's genius method here is to massage the hearty kale with olive oil and a little salt and then let it stand for up to an hour to soften and become tender yet crisp.

- 1 pound Tuscan or curly kale, stemmed and coarsely chopped
- 3 tablespoons olive oil
- ¾ teaspoon kosher salt, divided
- ½ cup thinly sliced red onion
- 1 teaspoon ground sumac (optional)
- ½ teaspoon toasted sesame seeds
- 1 tablespoon fresh lemon juice
- 2 teaspoons Dijon mustard
- 1 garlic clove, minced
- 1 (14-ounce) can unsalted chickpeas, rinsed and drained
- ¼ teaspoon freshly ground black pepper

1. Massage kale with olive oil and ½ teaspoon salt in a large bowl, coating all surfaces, about 2 minutes. Let stand at room temperature at least 15 minutes and up to 1 hour.

2. Rinse onion in a sieve under warm water for 2 minutes. Drain well. Combine onion, sumac (if desired), and sesame seeds in a small bowl.

Combine juice, mustard, and garlic in a small bowl.

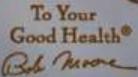
3. Add juice mixture and chickpeas to softened kale; toss well. Stir in remaining ¼ teaspoon salt and pepper. Top with onion mixture.

SERVES 4 (serving size: about 1 cup)

CALORIES 340, **FAT** 13.3g (sat 1.7g, mono 8.2g, poly 19g), **PROTEIN** 14g, **CARB** 47g, **FIBER** 9g; **CHOL** 0mg, **IRON** 6mg, **SODIUM** 559mg, **CALC** 422mg

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FREEZE IT
P. 63

AND MORE!

Wild
Mushroom
Farfalle
Recipe p. 22



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GAME PLAN

WHILE OVEN PREHEATS

Bring water for pasta to a boil.

Prepare endive and radicchio mixture.

WHILE ENDIVE AND RADICCHIO MIXTURE BAKES

Cook pasta.

Cook mushroom mixture.



wild mushroom farfalle

You can substitute fresh parsley or thyme for the dill. A little starchy pasta cooking liquid helps to bind the delicate sauce.

- 8 ounces uncooked farfalle pasta
- 2 tablespoons olive oil
- 1/2 cup chopped onion
- 5 garlic cloves, chopped
- 2 (4-ounce) packages exotic mushroom blend
- 1 cup unsalted vegetable stock
- 3/4 teaspoon kosher salt
- 2 tablespoons chopped fresh dill
- 1 tablespoon unsalted butter
- 2 teaspoons grated lemon rind
- 1 1/2 teaspoons sherry vinegar

- 3/8 teaspoon black pepper
- 1/4 cup part-skim ricotta cheese
- 1 ounce Parmesan cheese, shaved (about 1/4 cup)

1. Cook pasta according to package directions, omitting salt and fat. Drain in a colander over a bowl, reserving 1/3 cup cooking liquid.

2. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add onion; sauté 3 minutes or until tender. Add garlic and mushrooms; cook 8 minutes or until mushrooms are browned. Add stock and salt; bring to a boil. Reduce heat, and simmer 5 minutes or until liquid is reduced by half. Stir in 1/3 cup reserved cooking liquid, dill, butter, rind, vinegar, and pepper. Add pasta; toss to coat.

Place 1 1/4 cups pasta mixture in each of 4 bowls. Top each serving with 1 tablespoon ricotta cheese and 1 tablespoon Parmesan cheese.

SERVES 4

CALORIES 380; **FAT** 14.2g (sat 5.1g, mono 7.1g, poly 1g); **PROTEIN** 15g; **CARB** 50g; **FIBER** 3g; **CHOL** 19mg; **IRON** 2mg; **SODIUM** 555mg; **CALC** 148mg

SERVE WITH BRAISED BALSAMIC ENDIVE AND RADICCHIO

- 4 teaspoons extra-virgin olive oil
- 1 head Belgian endive, halved lengthwise
- 1 small head radicchio, quartered
- 1/2 cup unsalted vegetable stock
- 1/4 cup balsamic vinegar
- 2 tablespoons chopped fresh flat-leaf parsley
- 3/8 teaspoon black pepper
- 1/4 teaspoon kosher salt

SERVES 4 (serving size: about 1/3 cup)

CALORIES 68; **FAT** 4.7g (sat 0.7g, mono 3.6g, poly 0.4g); **PROTEIN** 1g; **CARB** 5g; **FIBER** 1g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 156mg; **CALC** 16mg

SIMPLE SUB

Packaged mushroom blends usually include oyster, shiitake, and cremini. You can use just cremini, if you like.



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baked chicken breasts with dijon–white wine sauce and haricots verts

White wine and Dijon mustard are a classic bistro-style pair for chicken. Carrots add body and a touch of sweetness to the pan sauce, but you can leave them out, if you like.

2 teaspoons olive oil
2 (6-ounce) skinless, boneless chicken breast halves

3/8 teaspoon freshly ground black pepper, divided
1/4 teaspoon kosher salt, divided
1/4 cup finely diced carrot
2 tablespoons thinly sliced shallots
1 teaspoon chopped fresh thyme
2 garlic cloves, chopped
1/4 cup dry white wine
1/3 cup unsalted chicken stock (such as Swanson)
1 tablespoon unsalted butter, divided
1 teaspoon Dijon mustard
1/2 pound haricots verts or green beans, trimmed

1. Preheat oven to 425°.
2. Heat a large ovenproof skillet over medium-high heat. Add oil; swirl to coat. Sprinkle chicken with $\frac{1}{4}$ teaspoon pepper and $\frac{1}{8}$ teaspoon salt. Add chicken to pan; cook 5 minutes. Turn chicken; place pan in oven.

Bake at 425° for 7 minutes or until done. Remove pan from oven. Place chicken on a plate; keep warm.

3. Return pan to medium-high heat. Add carrot, shallots, thyme, and garlic to pan; sauté 2 minutes. Add wine to pan; cook 2 minutes or until liquid is reduced by half, scraping pan to loosen browned bits. Add stock to pan; cook 2 minutes or until slightly thickened. Stir in $1\frac{1}{2}$ teaspoons butter and Dijon mustard.

4. Bring a large sauceman of water to a boil. Add haricots verts; cook $3\frac{1}{2}$ minutes or until crisp-tender. Drain. Place haricots verts, remaining $\frac{1}{8}$ teaspoon pepper, remaining $\frac{1}{8}$ teaspoon salt, and remaining $1\frac{1}{2}$ teaspoons butter in a bowl; toss to coat. Serve haricots verts with chicken and sauce.

SERVES 2 (serving size: 1 chicken breast half, about 2 tablespoons sauce, and 4 ounces haricots verts)

CALORIES 360; **FAT** 15.1g (sat 5.3g, mono 6.4g, poly 1.4g); **PROTEIN** 40g; **CARB** 10g; **FIBER** 3g; **CHOL** 124mg; **IRON** 4mg; **SODIUM** 536mg; **CALC** 61mg

SERVE WITH HERBED BREADCRUMB TOMATOES

1/4 cup whole-wheat panko (Japanese breadcrumbs)
2 teaspoons olive oil
1 1/2 teaspoons chopped fresh thyme
1 1/2 teaspoons chopped fresh flat-leaf parsley
1/4 teaspoon black pepper
1/8 teaspoon kosher salt
2 (4-ounce) tomatoes, halved horizontally

Cooking spray

1. Preheat oven to 425°.
2. Combine first 6 ingredients in a small bowl. Place tomato halves, cut side up, on a foil-lined baking sheet coated with cooking spray. Top tomatoes with panko mixture; coat with cooking spray. Bake at 425° for 25 minutes. Turn broiler to high (do not remove pan from oven). Broil 2 minutes or until topping is browned.

SERVES 2 (serving size: 2 tomato halves)

CALORIES 102; **FAT** 5.5g (sat 0.7g, mono 3.6g, poly 0.5g); **PROTEIN** 3g; **CARB** 12g; **FIBER** 3g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 138mg; **CALC** 16mg

PREP TIP

Slice the tomatoes horizontally to have a sturdier base and more surface area for the crispy topping.



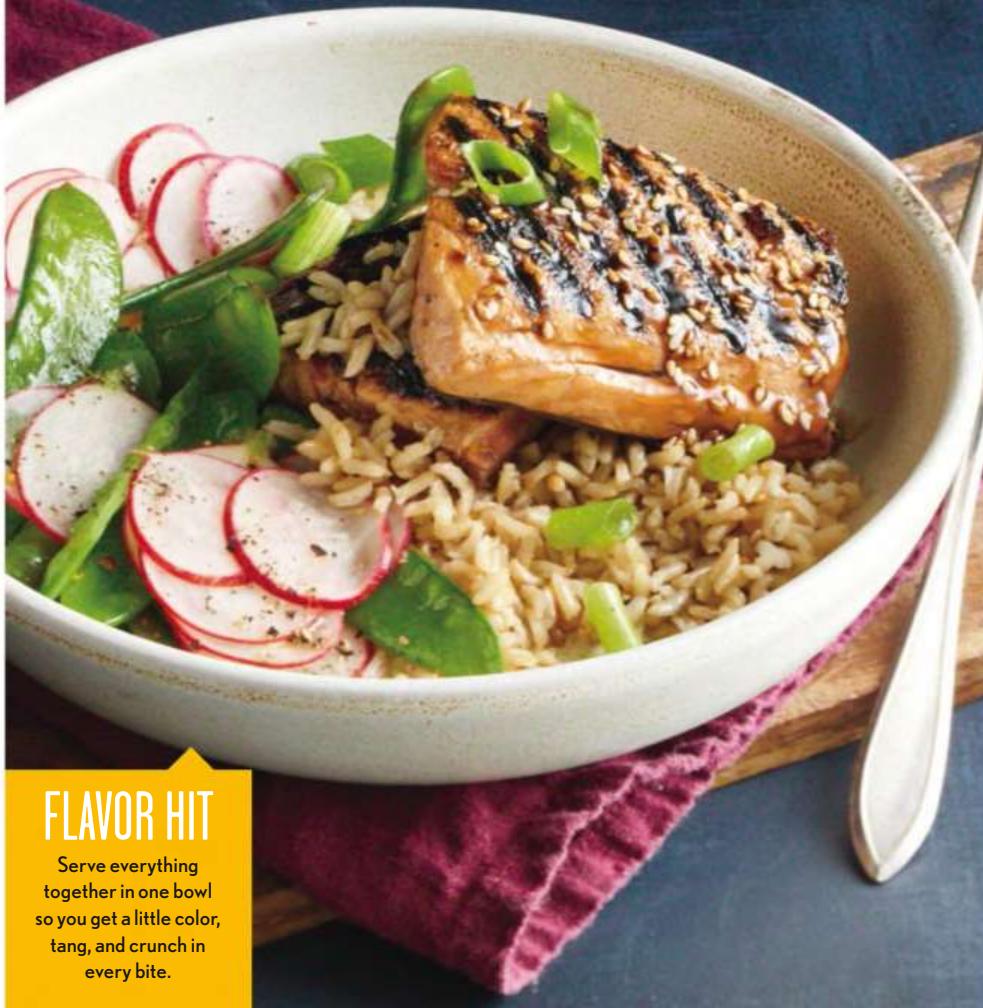
GAME PLAN

WHILE OVEN PREHEATS

Prepare tomatoes.
Sear chicken.

WHILE TOMATOES AND CHICKEN BAKE

Cook haricots verts.



FLAVOR HIT

Serve everything together in one bowl so you get a little color, tang, and crunch in every bite.

glazed salmon and rice bowl

A soy sauce, honey, and vinegar mixture doubles as a marinade for the salmon and a drizzle over the finished dish.

- 3 tablespoons lower-sodium soy sauce
- 3 tablespoons rice vinegar, divided
- 2 tablespoons honey
- 4 (6-ounce) skin-on salmon fillets
- 1 cup very thinly sliced radishes
- 2 teaspoons sugar
- Cooking spray
- 1 (8.5-ounce) pouch precooked brown basmati rice (such as Uncle Ben's)

1/2 cup (1-inch) pieces green onions
1 tablespoon toasted sesame seeds

1. Combine soy sauce, 1 tablespoon vinegar, and honey in a bowl, stirring with a whisk. Place half of honey mixture in a bowl; reserve. Place remaining half of honey mixture and fish in a large zip-top plastic bag; seal. Refrigerate 15 minutes.
2. Combine remaining 2 tablespoons vinegar, radishes, and sugar in a bowl. Let stand 20 minutes; drain.
3. Remove fish from marinade; discard marinade. Heat a grill pan over medium-high heat. Coat pan with cooking spray.

Add fish to pan, flesh side down; cook 3 minutes on each side or until desired degree of doneness. Remove fish from pan.

4. Prepare rice according to package directions. Combine radish mixture and rice in a bowl. Divide rice mixture among 4 shallow bowls; top evenly with fish. Drizzle reserved half of honey mixture evenly over fish. Sprinkle with green onions and sesame seeds.

SERVES 4 (serving size: 1 fillet and about $\frac{1}{3}$ cup rice mixture)
CALORIES 391; **FAT** 12g (sat 2.2g, mono 3.5g, poly 3.8g); **PROTEIN** 40g; **CARB** 31g; **FIBER** 3g; **CHOL** 90mg; **IRON** 2mg; **SODIUM** 501mg; **CALC** 39mg

GAME PLAN

WHILE SALMON MARINATES
 Pickle radishes.

WHILE SALMON COOKS
 Prepare rice.
 Cook snow peas.

SERVE WITH ORANGE-SESAME SNOW PEAS

2 teaspoons dark sesame oil
12 ounces trimmed snow peas
1 teaspoon lower-sodium soy sauce
1/2 teaspoon grated orange rind

1. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add snow peas; sauté 3 minutes or until crisp-tender. Stir in soy sauce and orange rind.

SERVES 4 (serving size: about $\frac{3}{4}$ cup)
CALORIES 57; **FAT** 2.4g (sat 0.4g, mono 0.9g, poly 1g); **PROTEIN** 2g; **CARB** 7g; **FIBER** 2g; **CHOL** 0mg; **IRON** 2mg; **SODIUM** 48mg; **CALC** 37mg



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.



MINUTES

breaded pork cutlets with root veg mash and sage gravy

Wondra flour has a fine, powdery consistency that yields smooth sauces and crispy crusts. Sifted cake or rice flour would also work if you can't find Wondra.

1½ cups chopped turnips
1 cup chopped Yukon gold potato
¾ cup chopped peeled Fuji apple
1 bay leaf
¼ cup light sour cream

2 tablespoons unsalted butter, softened and divided
¾ teaspoon kosher salt, divided
¾ teaspoon freshly ground black pepper, divided
4 (4-ounce) center-cut boneless pork cutlets
½ cup quick-mixing flour (such as Wondra), divided
1 large egg, lightly beaten
2 tablespoons canola oil, divided
1½ cups unsalted chicken stock (such as Swanson)
1 teaspoon chopped sage

1. Place turnips, potato, apple, and bay leaf in a medium saucepan; cover with water to 2 inches above vegetable mixture. Bring to a boil; cook 10 minutes or until tender. Drain. Discard bay leaf. Return vegetable mixture to pan. Add sour cream, 1 teaspoon butter, ¼ teaspoon

salt, and ¼ teaspoon pepper; mash to desired consistency. **2.** Sprinkle pork evenly with ¼ teaspoon salt and ¼

teaspoon pepper. Place 6 tablespoons flour in a dish. Place egg in a dish. Dredge pork in flour; dip into egg. Dredge in flour.

3. Heat a large skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl. Add 2 pork cutlets; cook 2 minutes on each side or until browned and done. Remove pork from pan; keep warm. Repeat procedure with remaining 1 tablespoon oil and 2 pork cutlets. Add stock, scraping pan to loosen browned bits. Combine remaining 5 teaspoons butter and remaining 2 tablespoons flour in a small bowl. Gradually add butter mixture to pan, stirring with a whisk. Cook 2 minutes or until thickened. Stir in

remaining ¼ teaspoon salt, ¼ teaspoon pepper, and sage. Serve with pork and mashed vegetables.

SERVES 4 (serving size: 1 pork cutlet, about ½ cup vegetable mash, and 3 tablespoons gravy)

CALORIES 408; **FAT** 19.6g (sat 7g, mono 8.6g, poly 29g); **PROTEIN** 32g; **CARB** 26g; **FIBER** 3g; **CHOL** 142mg; **IRON** 2mg; **SODIUM** 527mg; **CALC** 63mg

SERVE WITH SAUTÉED LEMONY BRUSSELS SPROUTS

4 teaspoons olive oil
½ cup sliced shallots
1½ pounds Brussels sprouts, trimmed and halved
¾ cup unsalted chicken stock (such as Swanson)
½ teaspoon grated lemon rind
¼ teaspoon kosher salt
¼ teaspoon black pepper

1. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add shallots and Brussels sprouts; sauté 8 minutes. Add stock to pan; cook 2 minutes or until liquid evaporates, stirring occasionally. Stir in rind, salt, and pepper.

SERVES 4 (serving size: about ¾ cup)

CALORIES 133; **FAT** 5g (sat 0.7g, mono 3.3g, poly 0.7g); **PROTEIN** 7g; **CARB** 19g; **FIBER** 7g; **CHOL** 0mg; **IRON** 3mg; **SODIUM** 189mg; **CALC** 84mg

SIMPLE SUB

We love the mild sweetness that turnips and apple add to the mash, but you could sub more potato.



GAME PLAN

WHILE ROOT VEGETABLE MIXTURE COMES TO A BOIL

Bread cutlets.
Trim and halve Brussels sprouts.

WHILE ROOT VEGETABLE MIXTURE COOKS

Cook pork.
Cook Brussels sprouts.

DON'T BE CHICKEN.

MAKE A GREAT SUPPER IN JUST 15 MINUTES.



Sausage

~~CHICKEN~~ ALFREDO

READY IN: ~~1 HOUR~~ 15 minutes

1 pkg. Hillshire Farm® Smoked Sausage

3 chicken breast halves, cubed

2 tbsps. butter, divided

2 cloves garlic, minced, divided

2 tbsps. chopped flat-leaf parsley

1 1/2 tsps. Italian seasoning

1/2 onion, diced

~~1 1/2 tsps. salt~~

~~1/2 tsp. ground white pepper~~

8 oz. pasta, cooked, drained

2 cups heavy cream

2 tsp. Cajun seasoning

1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

2. Cook chicken in butter; season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley; cook until onions are transparent.

3. Add ~~garlic cloves~~, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.



More 15 minute sensations at sausagesosimple.com



40
MINUTES

GAME PLAN

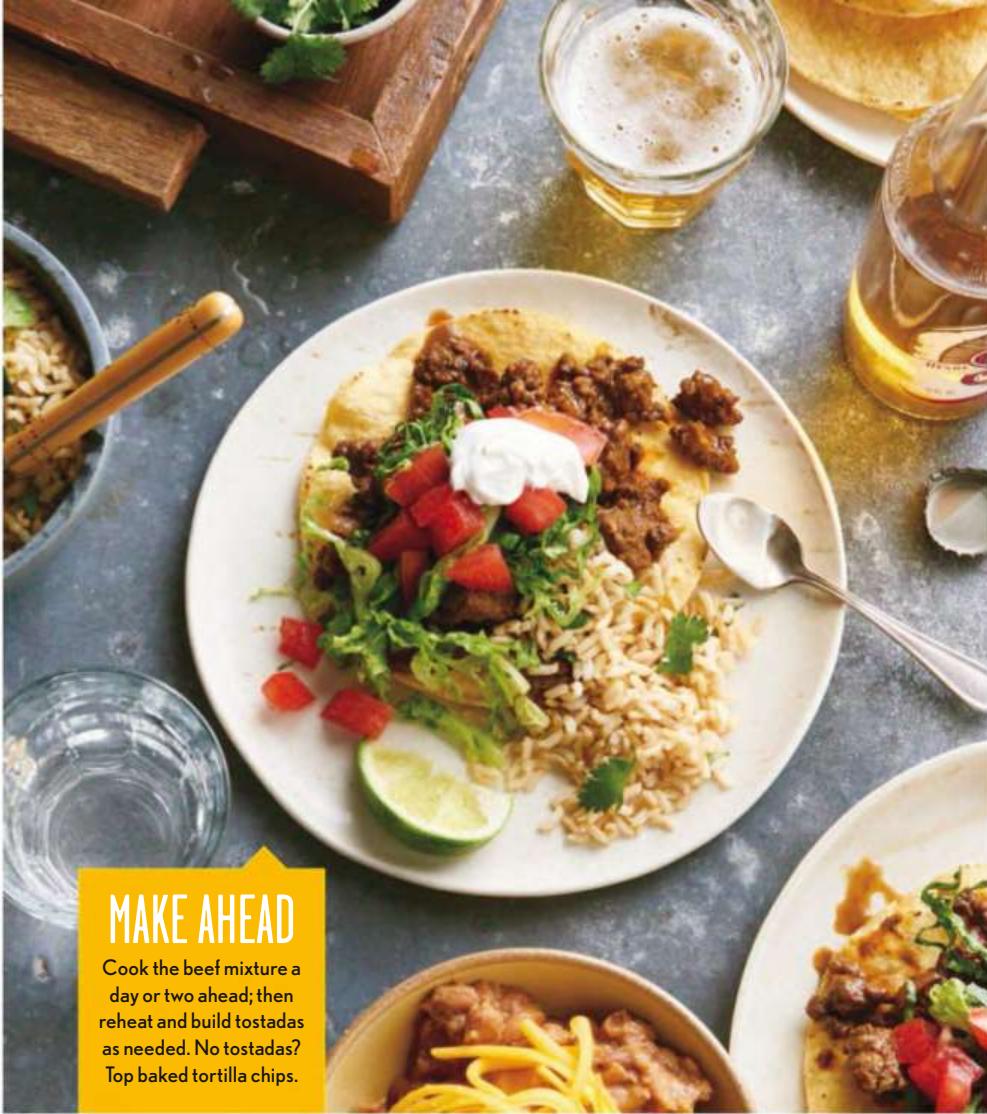
**WHILE BEEF
MIXTURE COOKS**
Prepare bean mixture.

**WHILE BEAN
MIXTURE COOKS**
Prepare rice.

spiced beef tostadas with cilantro- lime rice

These tostadas are inspired by classic taco night toppers and sides. Our version amps up the spice while keeping sodium numbers in check.

2 teaspoons canola oil
 $\frac{2}{3}$ cup chopped onion
 $1\frac{1}{2}$ tablespoons chili powder
 $2\frac{1}{2}$ teaspoons garlic powder
 $1\frac{1}{2}$ teaspoons ground cumin
 $\frac{1}{2}$ teaspoon dried oregano
1 pound 93% lean ground sirloin
 $\frac{1}{2}$ cup unsalted chicken stock (such as Swanson)
 $\frac{1}{2}$ teaspoon kosher salt
8 corn tostadas
 $1\frac{1}{2}$ cups shredded romaine lettuce
1 cup chopped seeded tomato
 $\frac{1}{4}$ cup light sour cream
1 (8.5-ounce) pouch precooked brown rice (such as Uncle Ben's)



MAKE AHEAD

Cook the beef mixture a day or two ahead; then reheat and build tostadas as needed. No tostadas? Top baked tortilla chips.

$\frac{1}{4}$ cup chopped fresh cilantro
1 tablespoon lime juice

1. Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion; sauté 5 minutes or until golden. Add chili powder, garlic powder, cumin, and oregano; cook 1 minute, stirring constantly. Add sirloin; cook 5 minutes, stirring to crumble. Add stock and salt; cook 4 minutes or until slightly thickened, stirring occasionally. Remove pan from heat. Divide beef mixture evenly among tostadas; top evenly with lettuce, tomato, and sour cream.

2. Prepare rice according to package directions. Combine rice, cilantro, and juice in a medium bowl. Serve with tostadas.

SERVES 4 (serving size: 2 topped tostadas and about $\frac{1}{3}$ cup rice mixture)

CALORIES 454; FAT 19.3g (sat 6.3g, mono 6.7g, poly 3.3g); **PROTEIN** 31g; **CARB** 42g; **FIBER** 6g; **CHOL** 71mg; **IRON** 5mg; **SODIUM** 568mg; **CALC** 68mg

SERVE WITH CHEESY, SMOKY PINTO BEANS

Mashing half the beans retains just a bit of texture while keeping them creamy and cheesy.

1 (15-ounce) can unsalted pinto beans, rinsed, drained, and divided
 $\frac{1}{3}$ cup unsalted chicken stock (such as Swanson)
1 teaspoon smoked paprika
 $\frac{1}{8}$ teaspoon kosher salt
2 ounces reduced-fat cheddar cheese, shredded and divided (about $\frac{1}{2}$ cup)
1. Place half of beans in a bowl; coarsely mash with a fork. Place mashed beans, remaining half of beans, chicken stock, paprika, and salt in a saucepan over medium heat; cook 4 minutes, stirring occasionally. Stir in 1 ounce cheese until melted. Divide bean mixture among 4 plates; sprinkle evenly with remaining 1 ounce cheese.

SERVES 4 (serving size: about $\frac{1}{4}$ cup)
CALORIES 126; **FAT** 3.1g (sat 1.8g, mono 0g, poly 0g); **PROTEIN** 9g; **CARB** 16g; **FIBER** 5g; **CHOL** 10mg; **IRON** 2mg; **SODIUM** 200mg; **CALC** 255mg

—Recipes by Robin Bashinsky; additional recipes by Deb Wise





GIVE THEM MORE
UNSTRUCTURE.

PUSH PLAY

YOU DECIDE WHAT THEY DRINK.

LEAVE THE REST UP TO THEM.



almonds,
cranberries
and peanuts
walk into
a bar.



(a very special bar)



NEW Special K Chewy Nut Bars are chock-full of whole almonds, oven-roasted peanuts, sun-ripened cranberries and sweet raisins. Whole ingredients come together in one deliciously chewy snack bar.

Also available in Chocolate Almond.

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MEATLESS MONDAY

WILD MUSHROOM FARFALLE

- Lemon (1)
- Dill
- 4-ounce packages exotic mushroom blend (2)
- Onion
- Garlic
- Sherry vinegar
- Unsalted vegetable stock
- Farfalle pasta (8 ounces)
- Unsalted butter
- Part-skim ricotta cheese
- Parmesan cheese

Braised Balsamic Endive and Radicchio

- Parsley
- Belgian endive (1 head)
- Radicchio (1 small head)
- Balsamic vinegar
- Unsalted vegetable stock



JUST FOR 2 TUESDAY

BAKED CHICKEN WITH DIJON-WINE SAUCE AND HARICOTS VERTS

- Haricots verts (8 ounces)
- Carrot
- Thyme
- Shallots
- Garlic
- Dijon mustard
- Dry white wine
- Unsalted chicken stock (such as Swanson)
- Unsalted butter
- Skinless, boneless chicken breast halves (12 ounces)

Herbed Breadcrumb Tomatoes

- Tomatoes (2 medium)
- Parsley
- Thyme
- Whole-wheat panko (Japanese breadcrumbs)



WEDNESDAY

GLAZED SALMON AND RICE BOWL

- Radishes
- Green onions
- Toasted sesame seeds
- Lower-sodium soy sauce
- Rice vinegar
- Honey
- Sugar
- 8.5-ounce pouch precooked brown basmati rice (1)
- Skin-on salmon fillets (24 ounces)

Orange-Sesame Snow Peas

- Orange (1)
- Snow peas (12 ounces)
- Dark sesame oil



THURSDAY

BREADED PORK CUTLETS WITH ROOT VEG MASH

- Fuji apple (1)
- Sage
- Turnips
- Yukon gold potatoes
- Bay leaf
- Unsalted chicken stock (such as Swanson)
- Quick-mixing flour (such as Wondra)
- Light sour cream



- Unsalted butter
- Egg (1)
- Center-cut boneless pork cutlets (1 pound)

Sautéed Lemony Brussels Sprouts

- Lemon (1)
- Brussels sprouts (1½ pounds)
- Shallots
- Unsalted chicken stock (such as Swanson)



FAMILY FRIDAY

SPICED BEEF TOSTADAS WITH CILANTRO-LIME RICE

- Lime (1)
- Tomato (1 large)
- Romaine lettuce
- Cilantro
- Onion
- Chili powder
- Garlic powder
- Ground cumin
- Dried oregano
- Unsalted chicken stock (such as Swanson)

- 8.5-ounce pouch precooked brown rice (such as Uncle Ben's) (1)

- Corn tostadas
- Light sour cream
- 93% lean ground sirloin (1 pound)

Cheesy, Smoky Pinto Beans

- Smoked paprika
- 15-ounce can unsalted pinto beans (1)
- Reduced-fat cheddar cheese (2 ounces)

But wait.
There's more!



Special K Salted Pretzel
Chocolate Chewy
Snack Bars.

Loaded with dark chocolatey chunks, salted pretzels and rolled oats. It's more of the good stuff you love.



Also available in four delicious flavors.
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DINNER
TONIGHT

TWENTY-
MINUTE
COOKING

20

Speedy Shepherd's Pie
Recipe p. 38



PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: MISSIE NEVILLE CRAWFORD



SCAN PHOTOS
& SAVE RECIPES
WITH YOUR PHONE!
▶ SEE PAGE 8



MINUTES

SPEEDY SHEPHERD'S PIE

Making the most of supermarket convenience items gets this family favorite on the table in a flash. Precut matchstick carrots are easier to chop into small pieces quickly, and using prepared mashed potatoes for the topping is a good trick for when you don't have leftover mashed potatoes on hand.

1 pound 93% lean ground beef
 1 cup matchstick-cut carrots, finely chopped
 1 cup prechopped onion
 4 garlic cloves, minced
 2 tablespoons unsalted tomato paste
 1 cup unsalted beef stock, divided
 2 teaspoons cornstarch
 2 teaspoons Worcestershire sauce
 $\frac{1}{2}$ teaspoon freshly ground black pepper
 $\frac{3}{8}$ teaspoon kosher salt
 1½ cups frozen green peas
 1 (24-ounce) package prepared mashed potatoes (such as Simply Potatoes)
 2 tablespoons freeze-dried onion
 $\frac{1}{2}$ teaspoon Hungarian sweet paprika

1. Preheat oven to 500°.
2. Place beef in a large skillet over high heat; cook 5 minutes or until browned, stirring to crumble. Add carrot, onion, and garlic to pan; cook 2 minutes. Stir in tomato paste; cook 30 seconds. Combine $\frac{1}{4}$ cup stock and cornstarch in a small bowl, stirring with a whisk. Add cornstarch mixture, remaining $\frac{3}{4}$ cup stock, Worcestershire, pepper, and salt to pan. Stir in peas. Cook 2 minutes or until slightly thickened.
3. Place beef mixture in a 2-quart glass or ceramic baking dish. Top evenly with mashed potatoes. Sprinkle freeze-dried onions and paprika over potatoes. Bake at 500° for 5 minutes.

SERVES 4 (serving size: 2 cups)

CALORIES 419; **FAT** 13.8g (sat 6.9g, mono 3.9g, poly 0.6g); **PROTEIN** 31g; **CARB** 44g; **FIBER** 8g; **CHOL** 81mg; **IRON** 5mg; **SODIUM** 681mg; **CALC** 85mg

**turkey and mushroom bolognese**

A rich and hearty meat sauce gains even more robust umami body with the addition of mushrooms. Try serving over polenta as a change of pace from noodles.

Cooking spray

1 cup prechopped onion
 1 cup diced zucchini
 4 ounces presliced mushrooms
 5 garlic cloves, minced
 12 ounces 93% lean ground turkey
 1 cup unsalted chicken stock
 $\frac{1}{2}$ cup thinly sliced fresh basil, divided
 $\frac{1}{2}$ teaspoon sugar
 1 (14-ounce) box chopped tomatoes (such as Pomì)
 2 tablespoons light whipping cream
 2 teaspoons unsalted butter
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon crushed red pepper
 6 ounces uncooked multigrain spaghetti

1 ounce grated Parmesan cheese (about $\frac{1}{4}$ cup)

1. Heat a large cast-iron skillet over medium-high heat. Coat pan with cooking spray. Add onion and next 3 ingredients (through garlic) to pan; cook 4 minutes, stirring frequently. Push vegetables to sides of pan; coat center with cooking spray. Add turkey; cook 3 minutes, stirring to crumble. Add stock, $\frac{1}{4}$ cup basil, sugar, and tomatoes to pan, stirring to combine with turkey and vegetables. Simmer 3 minutes. Stir in cream, butter, salt, and red pepper; simmer 1 minute.
2. While sauce cooks, cook pasta according to package directions, omitting salt and fat; drain. Divide noodles evenly among 4 shallow bowls. Top evenly with sauce; sprinkle evenly with remaining $\frac{1}{4}$ cup basil and cheese.

SERVES 4 (serving size: about $\frac{3}{4}$ cup pasta, $\frac{3}{4}$ cup sauce, and 1 tablespoon cheese)

CALORIES 414; **FAT** 15.1g (sat 5.8g, mono 4.2g, poly 2.5g); **PROTEIN** 30g; **CARB** 41g; **FIBER** 6g; **CHOL** 83mg; **IRON** 13mg; **SODIUM** 594mg; **CALC** 140mg



MADE WITH

6.5%	Madagascar rain water
4%	Hand-blown glass
89.5%	Tastes the same as tap water



MADE WITH

100%	Turkey Breast
------	---------------



Sometimes life can get complicated.
Your sandwich doesn't have to be.

#sanewich

It's Deli Quality Every Time. It's Oscar Mayer.

quinoa, smoked trout, and beet salad

**STAFF
FAVE** Layering the elements of this flavor-bomb salad guarantees even distribution in every bite and makes for a lovely platter.

- 3 ounces pumpernickel bread, cubed
- $\frac{1}{4}$ cup extra-virgin olive oil, divided
- $1\frac{1}{2}$ tablespoons fresh lemon juice



QUICK ENTRÉES

1½	tablespoons prepared horseradish	Set croutons aside.
2	teaspoons whole-grain mustard	3. Combine remaining 3 tablespoons oil, lemon juice, horseradish, and mustard in a bowl, stirring with a whisk. Combine quinoa and 1 tablespoon oil mixture in a bowl; toss.
1	(8-ounce) package frozen precooked quinoa (such as Village Harvest), thawed	4. Arrange half of salad greens on a large serving platter. Sprinkle quinoa mixture over greens, and top evenly with remaining greens. Break trout into pieces; arrange trout over salad. Top with beets and croutons; drizzle with remaining oil mixture.
1	(5-ounce) package mixed salad greens	
1	(4-ounce) package smoked trout, skinned	
4	ounces precooked packaged beets, diced	

1. Preheat oven to 350°.

2. Place bread in a bowl. Drizzle with 1 tablespoon olive oil; toss to coat. Spread bread cubes in a single layer on a rimmed baking sheet; bake at 350° for 10 to 12 minutes or until cubes are crisp and toasted.

SERVES 4 (serving size: about 2 cups salad and 1 tablespoon dressing)

CALORIES 332, **FAT** 18.1g (sat 2.7g, mono 10.1g, poly 1.7g); **PROTEIN** 13g; **CARB** 30g; **FIBER** 5g; **CHOL** 8mg; **IRON** 2mg; **SODIUM** 543mg; **CALC** 33mg

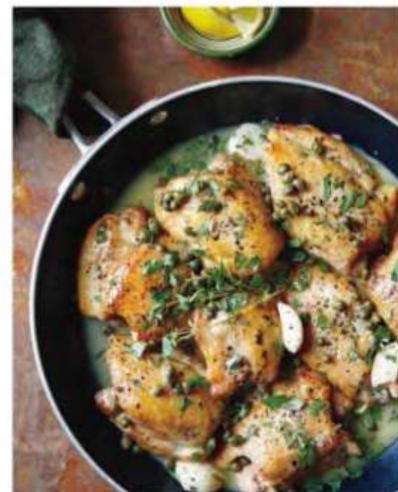
Set croutons aside.

3. Combine remaining 3 tablespoons oil, lemon juice, horseradish, and mustard in a bowl, stirring with a whisk. Combine quinoa and 1 tablespoon oil mixture in a bowl; toss.

4. Arrange half of salad greens on a large serving platter. Sprinkle quinoa mixture over greens, and top evenly with remaining greens. Break trout into pieces; arrange trout over salad. Top with beets and croutons; drizzle with remaining oil mixture.

SERVES 4 (serving size: about 2 cups salad and 1 tablespoon dressing)

CALORIES 332; **FAT** 18.1g (sat 2.7g; mono 10.1g, poly 1.7g); **PROTEIN** 13g; **CARB** 30g; **FIBER** 5g; **CHOL** 8mg; **IRON** 2mg; **SODIUM** 543mg; **CALC** 33mg



QUICK CHICKEN PICCATA

Chicken piccata is typically made with sliced chicken breasts, but we find chicken “thighcatta” to be even more flavorful.

- 8 skinless, boneless chicken thighs (about 1½ pounds)
- ½ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper
- 3 tablespoons olive oil, divided
- ½ cup dry white wine
- 2 tablespoons capers, drained
- 4 garlic cloves, crushed
- 1 fresh thyme sprig
- ¾ cup unsalted chicken stock
- 1½ tablespoons fresh lemon juice
- 1 tablespoon unsalted butter
- 2 tablespoons chopped fresh flat-leaf parsley

1. Sprinkle chicken with $\frac{1}{4}$ teaspoon salt and pepper. Heat a skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add chicken to pan; cook 5 minutes. Turn chicken over. Add wine, capers, garlic, and thyme to pan; cook 2 minutes. Add remaining $\frac{1}{4}$ teaspoon salt, remaining 2 tablespoons oil, and stock to pan; bring to a boil. Reduce heat to medium; cook 8 minutes. Remove pan from heat. Stir in lemon juice and butter. Sprinkle evenly with parsley.

SERVES 4 (serving size: 2 chicken thighs and about $\frac{1}{4}$ cup sauce)

CALORIES 360; **FAT** 22.8g (sat 5.9g, mono 12.1g, poly 3.1g); **PROTEIN** 30g; **CARB** 3g; **FIBER** 0g; **CHOL** 166mg; **IRON** 2mg; **SODIUM** 498mg; **CALC** 31mg

**"I'VE TRIED LAXATIVES,
BUT MY BELLY PAIN AND CONSTIPATION
COME RIGHT BACK LIKE A RAGING STORM."**



Proactively manage your recurring symptoms with LINZESS®

Do you keep taking laxatives, but can't get your symptoms to stay away? You may have more than just occasional constipation. It's time to talk to your doctor about your belly pain and constipation. Then ask about LINZESS, a once-daily capsule that's approved to help adults manage symptoms of IBS with Constipation. LINZESS works differently from laxatives. It is thought to work in two ways: by helping to calm pain-sensing nerves*, and by accelerating bowel movements. LINZESS may relieve your belly pain and let you have more frequent and complete bowel movements that are easier to pass.

Bottom line, if your IBS-C symptoms keep coming back, ask your doctor about LINZESS today.

*This was seen in animal studies and the relevance to humans is not known.

Who is LINZESS for?

Prescription LINZESS® (linaclotide) is for adults with IBS-C. It is not known if LINZESS is safe and effective in children.

IMPORTANT RISK INFORMATION

- Do not give LINZESS to children who are under 6 years of age. It may harm them.
- You should not give LINZESS to children 6 to 17 years of age. It may harm them.
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.



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Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.
- **About all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Side Effects

LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment. **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Learn about our money-saving offer at LINZESS.com.

Please see brief summary
of Medication Guide on the
next page.

Linzess
(linaclotide) capsules
145 mcg • 290 mcg

**Brief Summary of
Important Risk Information**
**LINZESS® (lin-ZESS)
Capsules**



This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is LINZESS?

LINZESS is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and a type of constipation called chronic idiopathic constipation (CIC). "Idiopathic" means the cause of the constipation is unknown.

It is not known if LINZESS is safe and effective in children.

What is the most important information I should know about LINZESS?

- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**

Who should not take LINZESS?

- **Do not give LINZESS to children who are under 6 years of age.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

What should I tell my doctor before taking LINZESS?

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk. Talk with your doctor about the best way to feed your baby, if you take LINZESS.
- **About all the medicines you take**, including prescription and non-prescription medicines, vitamins and herbal supplements.

How should I take LINZESS?

- Take LINZESS exactly as your doctor tells you to take it.
- Take LINZESS one time each day on an empty stomach, at least 30 minutes before your first meal of the day.
- Swallow LINZESS capsules whole. Do not break or chew the capsules.
- If you miss a dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time.

What are the possible side effects of LINZESS?

LINZESS can cause serious side effects, including:

- **Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe.** Diarrhea often begins within the first 2 weeks of LINZESS treatment.
- **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include:

- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdomen) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store LINZESS?

- Store LINZESS at room temperature between 68°F to 77°F (20°C to 25°C).
- It is important to keep LINZESS in the bottle that it comes in.
- The LINZESS bottle contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not remove the desiccant packet from the bottle.
- Keep the container of LINZESS tightly closed and in a dry place.

Keep LINZESS and all medicines out of the reach of children.

Need more information?

- This section summarizes the most important information about LINZESS. If you would like more information, talk with your doctor.
- Go to www.LINZESS.com or call 1-800-678-1605.



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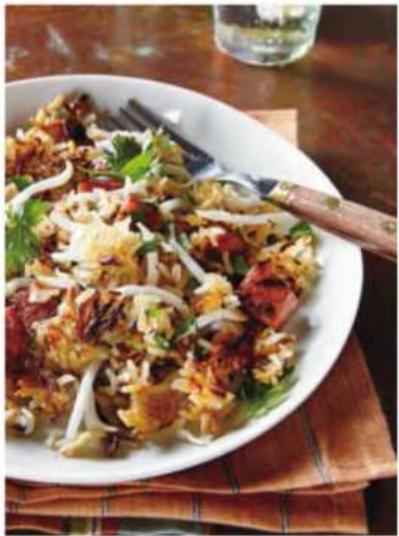
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Based on PI LIN19696-F-RMC18356-07/14

LIN27145 07/14

20

MINUTES



CRISPY RICE WITH HAM AND BEAN SPROUTS

Toasting half the rice in this recipe yields warmth and crunch that takes this ultra-comforting 5-ingredient entrée from ordinary to exceptional. For an added kick, serve with a drizzle of Sriracha.

3 tablespoons canola oil, divided
 2 (8.8-ounce) packages precooked brown basmati rice (such as Uncle Ben's), divided
 $\frac{1}{4}$ cup sweet chili sauce
 8 ounces lower-sodium deli ham, cut into $\frac{3}{4}$ -inch cubes
 2 cups mung bean sprouts
 $\frac{1}{2}$ cup chopped fresh cilantro
 $\frac{1}{4}$ teaspoon kosher salt

1. Heat a large skillet over high heat. Add 2 tablespoons oil to pan; swirl to coat. Add 1 package rice to pan; cover and cook 7 minutes or until rice is well browned (rice will pop), stirring occasionally. Add remaining 1 package rice and chili sauce to pan; cook 1 minute. Remove rice mixture from pan; set aside. Add remaining 1 tablespoon oil to pan; swirl to coat. Reduce heat to medium-high. Add ham to pan; cook, uncovered, 4 minutes or until browned, stirring occasionally. Add rice mixture, bean sprouts, cilantro, and salt to pan, stirring to combine.

SERVES 4 (serving size: about 1 cup)

CALORIES 396; **FAT** 14.9g (sat 4.2g, mono 12.1g, poly 1.7g); **PROTEIN** 29g; **CARB** 9g; **FIBER** 2g; **CHOL** 70mg; **IRON** 3mg; **SODIUM** 457mg; **CALC** 119mg

flank steak with herb dressing and charred Broccolini

Adding the steak's juices into the dressing it's served with boosts savory satisfaction.

$\frac{1}{4}$ cup olive oil, divided
 $\frac{1}{4}$ cup finely chopped fresh poultry herbs, divided
 2 teaspoons minced fresh garlic
 1 (1-pound) flank steak
 $\frac{3}{4}$ teaspoon kosher salt, divided
 $\frac{1}{2}$ teaspoon freshly ground black pepper
 1 pound Broccolini, trimmed and cut into 1-inch pieces
 $\frac{1}{2}$ cup water
 2 teaspoons fresh lemon juice

1. Combine 3 tablespoons oil, 3 tablespoons herbs, and garlic in a skillet over medium-high heat. Cook 1½ minutes, stirring frequently. Remove mixture from pan; place in a bowl.

2. Cut steak into 4 equal pieces; sprinkle with $\frac{1}{8}$ teaspoon salt and pepper. Return pan to medium-high heat. Add steak to pan; cook 3 minutes on each side or until desired degree of doneness. Remove steak, and place in a shallow dish to collect juices; sprinkle with remaining 1 tablespoon herbs.

3. Return pan to high heat. Add remaining 1 tablespoon oil to pan. Add Broccolini; cook 2 minutes. Add $\frac{1}{2}$ cup

water to pan; cover and cook 3 minutes or until tender. Sprinkle with remaining $\frac{1}{8}$ teaspoon salt; drizzle with juice.

4. Divide steak among 4 plates. Combine steak juices and herb mixture in a bowl, stirring with a whisk. Serve steak with dressing and Broccolini.

SERVES 4 (serving size: 3 ounces steak, one-fourth of Broccolini, and about $\frac{1}{3}$ cup dressing)

CALORIES 331; **FAT** 19.8g (sat 4.2g, mono 12.1g, poly 1.7g); **PROTEIN** 29g; **CARB** 9g; **FIBER** 2g; **CHOL** 70mg; **IRON** 3mg; **SODIUM** 457mg; **CALC** 119mg



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.



roasted butternut squash with pecans and sage

2 (11-ounce) containers peeled diced fresh butternut squash
 Cooking spray
 $\frac{1}{4}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon freshly ground black pepper
 $\frac{1}{2}$ tablespoons butter, melted
 2 tablespoons chopped pecans, toasted
 1 tablespoon finely chopped fresh sage

1. Preheat oven to 425°.
2. Arrange butternut squash in a single layer on a rimmed baking sheet; coat with cooking spray. Sprinkle evenly with salt and pepper. Bake at 425° for 15 minutes or until browned, stirring halfway through cooking.
3. Place butter in a large bowl. Stir in squash, pecans, and sage; toss to combine.

SERVES 4 (serving size: about $\frac{1}{2}$ cup)
CALORIES 134; **FAT** 7g (sat 3g, mono 2.5g, poly 1g); **PROTEIN** 2g; **CARB** 19g; **FIBER** 3g; **CHOL** 11mg; **IRON** 1mg; **SODIUM** 164mg; **CALC** 82mg



1

ROASTED BUTTERNUT SQUASH WITH PARMESAN-GARLIC BREADCRUMBS

Follow base recipe through step 2. Place 1 ounce torn **French bread baguette** in a mini food processor; pulse until coarse crumbs form. Heat 1 tablespoon **olive oil** and 1 minced **garlic clove** in a skillet over medium-high heat. Add crumbs to pan; sauté 2 minutes. Place mixture in a large bowl. Stir in 1 ounce grated **Parmesan cheese** and 1 tablespoon chopped **fresh thyme**. Add squash; toss.

SERVES 4 (serving size: about $\frac{1}{2}$ cup)
CALORIES 155; **FAT** 5.9g (sat 1.8g, mono 3.1g, poly 0.6g); **PROTEIN** 5g; **CARB** 23g; **FIBER** 3g; **CHOL** 6mg; **IRON** 2mg; **SODIUM** 271mg; **CALC** 161mg

2

ROASTED BUTTERNUT SQUASH WITH POMEGRANATE AND TAHINI

Follow base recipe through step 2. Combine 4 teaspoons **tahini paste**, 1 tablespoon **fresh lemon juice**, 1 tablespoon **olive oil**, and 1 tablespoon **water** in a small bowl, stirring with a whisk. Combine squash, $\frac{1}{4}$ cup chopped **fresh cilantro**, $\frac{1}{4}$ cup **unsweetened coconut flakes**, and 1 seeded sliced **red chile** in a large bowl; toss gently to combine. Drizzle squash mixture with tahini mixture.

SERVES 4 (serving size: about $\frac{1}{2}$ cup)
CALORIES 152; **FAT** 6.6g (sat 0.9g, mono 3.5g, poly 1.6g); **PROTEIN** 3g; **CARB** 24g; **FIBER** 4g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 130mg; **CALC** 93mg

3

ROASTED BUTTERNUT SQUASH WITH COCONUT AND CHILE

Follow base recipe through step 2. Combine 1 tablespoon **lime juice**, 1 tablespoon **canola oil**, 1 teaspoon **rice vinegar**, and a dash of **sugar** in a small bowl, stirring with a whisk. Combine squash, $\frac{1}{4}$ cup **chopped fresh cilantro**, $\frac{1}{4}$ cup **unsweetened coconut flakes**, and 1 seeded sliced **red chile** in a large bowl; toss gently to combine. Drizzle juice mixture over squash mixture; toss to coat.

SERVES 4 (serving size: about $\frac{1}{2}$ cup)
CALORIES 149; **FAT** 7.5g (sat 3.5g, mono 2.2g, poly 1.1g); **PROTEIN** 2g; **CARB** 21g; **FIBER** 4g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 249mg; **CALC** 78mg

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SUPERFAST!

onion, kale, chickpea, and chicken soup

Few things beat a steaming bowl of veggie-packed chicken soup on a crisp autumn evening, and this one happens to be a perfect potion for the seasonal chills. You can leave the thyme sprigs in the broth (just ladle around them) so they'll keep releasing herbaceous goodness into any leftovers.

1 tablespoon olive oil
 1 cup prechopped onion
 1/2 cup diagonally cut carrot
 1/2 teaspoon crushed red pepper
 3/8 teaspoon kosher salt
 3 garlic cloves, crushed
 2 thyme sprigs
 4 cups unsalted chicken stock
 1 (15-ounce) can unsalted chickpeas, rinsed and drained
 2 cups chopped Lacinato kale
 4 ounces shredded skinless, boneless rotisserie chicken thigh



4 ounces shredded skinless, boneless rotisserie chicken breast
 1 teaspoon lower-sodium soy sauce

1. Heat a large saucepan over medium-high heat. Add oil; swirl to coat. Add onion and next 5 ingredients (through thyme); cook 3 minutes, stirring occasionally. Add stock and chickpeas to pan; bring to a boil. Add kale and chicken to pan; reduce heat, and cook 5 minutes. Stir in soy sauce; discard thyme sprigs.

SERVES 4 (serving size: about 1 1/2 cups)
CALORIES 264; **FAT** 8.4g (sat 1.6g, mono 4.3g, poly 1.1g);
PROTEIN 26g; **CARB** 23g; **FIBER** 5g; **CHOL** 62mg;
IRON 2mg; **SODIUM** 649mg; **CALC** 118mg

—Recipes by Robin Bashinsky,
 Adam Hickman, and Hannah Klinger

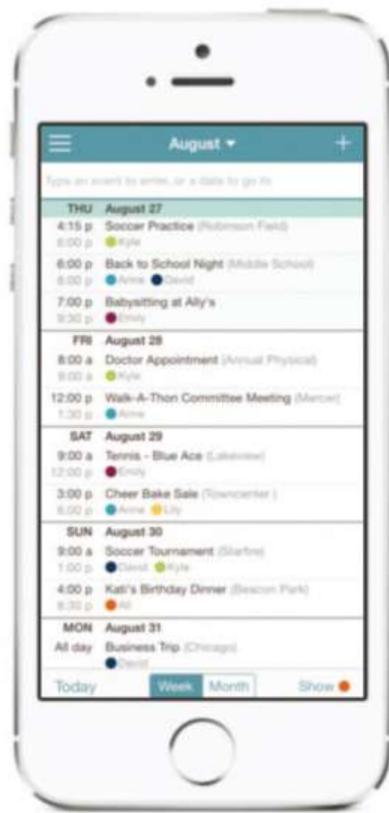


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Root-to-Leaf Borscht

We put a new twist on this hearty beet soup, using every part of the signature ingredient.

WHOLE-BEET BORSCHT

Hands-on: 22 min.

Total: 1 hr. 10 min.

Leafy beet greens take the place of borscht's traditional cabbage.

You not only use the whole beet (less waste) but also get the most nutrition for your buck, as beet greens have nearly twice the fiber of other greens.

2 pounds large beets with greens
2 tablespoons extra-virgin olive oil, divided
4 teaspoons coriander seeds, lightly crushed
10 garlic cloves, chopped
1 large onion, chopped
1 tablespoon tomato paste
5 cups plus 3 tablespoons water, divided
2 bay leaves
2 cups chopped peeled parsnips
5/8 teaspoon kosher salt, divided
2 tablespoons cider vinegar
6 tablespoons plain 2% reduced-fat Greek yogurt
1/4 cup chopped fresh dill

1. Remove greens and stems from beets; discard stems. Rinse and drain greens. Finely chop to measure 2 cups. Peel beets; cut into 2-inch pieces.

2. Heat a large Dutch oven over medium heat. Add 1 tablespoon oil to pan; swirl to coat. Sprinkle coriander over bottom of pan; cook 1 minute or until fragrant, stirring frequently. Add garlic and

onion; cook 12 minutes or until tender, stirring occasionally. Add beets and tomato paste; cook 1 minute, stirring frequently. Add 5 cups water and bay leaves. Cover and bring to a boil; reduce heat, and simmer 45 minutes or until beets are very tender. Discard bay leaves.

3. Heat a medium skillet over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Add parsnips and $\frac{1}{8}$ teaspoon salt; sauté 8 minutes or until tender. Remove from heat.

4. Place beet mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend beet mixture until smooth. Return pureed soup to pan; bring to a simmer. Add beet greens and parsnips to pan; cook 5 minutes. Stir in vinegar and remaining $\frac{1}{2}$ teaspoon salt. Ladle soup into 4 bowls. Combine yogurt and remaining 3 tablespoons water. Top soup with yogurt and dill.

SERVES 4 (serving size: about $1\frac{2}{3}$ cups soup, $1\frac{1}{2}$ tablespoons yogurt mixture, and 1 tablespoon dill)

CALORIES 298; **FAT** 8.4g (sat 1.4g, mono 5.4g, poly 1.9g); **PROTEIN** 9g; **CARB** 52g; **FIBER** 14g; **CHOL** 1mg; **IRON** 4mg; **SODIUM** 575mg; **CALC** 152mg

—**Recipe by Jeanne Kelley**



Hearty, Warming Split Pea Soup

Our take on this rich, cold-weather classic couldn't be easier—just set it and forget it.



SMOKY HAM AND SPLIT PEA SOUP

Hands-on: 15 min. Total: 8 hr. 15 min.

STAFF FAVE Potatoes contribute starchiness and silky thickness, while sweet carrots and salty ham balance out the peas' light, earthy flavor. Leftovers fare well in the freezer, so say hello to your new favorite make-ahead soup. Garnish with parsley and additional pepper, if desired.

1 pound dried green split peas, rinsed and drained
1½ cups cubed peeled Yukon gold potatoes
5 garlic cloves, chopped

1 cup chopped onion
1 cup chopped celery
1 cup chopped peeled carrot
1 large bay leaf
1 teaspoon freshly ground black pepper
¾ teaspoon kosher salt
2 pounds smoked ham hocks
6 cups water
½ cup light sour cream

1. Layer peas and next 9 ingredients (through ham) in order listed in a 6-quart electric slow cooker. Gently pour 6 cups water over top. Cover and cook on LOW for 8 hours.

2. Remove ham hocks from slow cooker. Remove meat from bones, and cut into bite-sized pieces; discard skin and bones. Discard bay leaf. **3.** Coarsely mash soup to desired consistency, adding additional hot water to thin, if desired. Stir in chopped ham. Divide soup evenly among 8 bowls; top each serving with 1 tablespoon sour cream.

SERVES 8 (serving size: 1¼ cups)
CALORIES 304; **FAT** 4.6g (sat 19g, mono 0.2g, poly 0.3g); **PROTEIN** 22g; **CARB** 45g; **FIBER** 16g; **CHOL** 24mg; **IRON** 3mg; **SODIUM** 594mg; **CALC** 76mg

—Recipe by Deb Wise





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Ricotta-Spinach Dumplings

Kids will love making (and eating) these cheesy, pillow-y dinnertime treats.



RICOTTA-SPINACH DUMPLINGS

Hands-on: 50 min.

Total: 50 min.

Choose a low-moisture ricotta. If you can't shape a loose ball with the cheese, place it in a strainer, and drain the excess liquid for about an hour.

- 1 (10-ounce) package frozen spinach, thawed
- 1.5 ounces (about $\frac{1}{3}$ cup) plus 5 tablespoons all-purpose flour, divided
- 1½ cups part-skim ricotta cheese (such as Calabro or Polly-O)
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon ground nutmeg
- 2.25 ounces Parmesan cheese, shredded
- 2 large egg yolks
- 1 large egg
- 1½ cups lower-sodium marinara sauce

1. Cook spinach in microwave according to package directions; cool slightly. Place spinach in a clean kitchen towel. Squeeze until very dry.

2. Weigh or lightly spoon 1.5 ounces flour into a dry measuring cup; level with a knife. Combine flour, spinach, ricotta, and next 6 ingredients (through 1 egg) in a medium bowl. Stir gently just until combined.

3. Sprinkle $\frac{1}{4}$ cup flour on a baking sheet. Drop ricotta mixture by tablespoonfuls onto floured pan to make about 36 dumplings. Sprinkle dumplings with remaining 1 tablespoon flour, and very gently shape each into a ball; gently roll on pan

to lightly coat with flour. (Dumplings can be shaped ahead and stored in the refrigerator overnight.)

4. Place marinara in a large skillet over medium heat; cover and keep warm.

5. Bring a large pot of water to a boil. Reduce heat to medium-low. Add 9 dumplings to water; cook 5 to 6 minutes (do not boil). Remove dumplings from pan with a slotted spoon, and place in marinara; keep warm. Repeat procedure 3 times with remaining dumplings.

SERVES 6 (serving size: 6 dumplings and about $\frac{1}{4}$ cup sauce)

CALORIES 234; FAT 11g (sat 5.8g, mono 3.4g, poly 0.7g); **PROTEIN** 16g; **CARB** 18g; **FIBER** 2g; **CHOL** 119mg; **IRON** 3mg; **SODIUM** 438mg; **CALC** 387mg

—Cheryl Slocum

A JOB FOR LITTLE DUMPLINGS



1 SCOOP AND DROP

Heap tablespoonfuls of ricotta mixture onto a lightly floured baking pan, and lightly dust the tops with flour.



2 ROLL AND COAT

Using fingers, gently pat each heap into a loose ball; nudge with fingers to roll balls and lightly coat with the flour on the pan.



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Crunchy Whole-Wheat Veggie Pizzas

Hands-on: 22 min. Total: 25 min.

This installment of our *Let's Cook!* curriculum, designed to empower busy folks to cook healthier meals at home, is a real kid-pleaser. We use whole-wheat tortillas as quick pizza crusts—a trick inspired by our friends at seriouseats.com.

INGREDIENTS

1 tablespoon olive oil
8 ounces presliced mushrooms
3 garlic cloves, minced
1 medium zucchini, thinly sliced
4 (8-inch) whole-wheat flour tortillas (such as Mission)
Cooking spray
1/2 cup unsalted tomato sauce
1/2 teaspoon dried oregano
Dash of salt
6 ounces part-skim mozzarella cheese, shredded (about 1 1/2 cups)



1

PREHEAT broiler to high. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add mushrooms, garlic, and zucchini; sauté 6 minutes or until tender and mushroom liquid evaporates.

2



ARRANGE 2 tortillas on a baking sheet; coat tortillas with cooking spray. Broil 2 minutes or until browned. Place, browned side down, on a work surface. Repeat with other 2 tortillas.

3

COMBINE tomato sauce, oregano, and salt in a microwave-safe bowl; microwave at HIGH for 30 seconds. Spoon 2 tablespoons sauce on unbrown side of each tortilla.

4

DIVIDE vegetables over tortillas; sprinkle each with about 1/3 cup cheese. Place 2 pizzas on baking sheet. Broil 2 minutes or until cheese melts. Repeat with remaining pizzas.

—Recipe by Ann Taylor Pittman



\$7.35 for FOUR SERVINGS



SERVES 4 (serving size: 1 pizza)
CALORIES 319; **FAT** 15.9g (sat 6g, mono 6.3g, poly 1.5g); **PROTEIN** 18g; **CARB** 29g; **FIBER** 4g; **CHOL** 23mg; **IRON** 1mg; **SODIUM** 643mg; **CALC** 327mg



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

NOTHING SAYS 'Bring it on, Tuesday'
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weekend warrior

DINNER
TONIGHT

GET-AHEAD
COOKING



COOK ONCE,
EAT 3X

POLENTA

Enjoy creamy, cheesy polenta tonight; then chill the rest and sear or grill until crisp for an eggs Benedict-style main and shrimp kebabs.



PHOTOGRAPHY: (THIS PAGE) JENNIFER CAUSEY; FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: CLAIRE SPOLLEN



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SEE
PAGE 8

I
Crispy Cauliflower, Mushrooms,
and Hazelnuts over Polenta
Recipe p. 60

1

CRISPY CAULIFLOWER,
MUSHROOMS, AND
HAZELNUTS OVER
POLENTA

Hands-on: 1 hr. 10 min.

Total: 1 hr. 10 min.

Use a Microplane grater for fine shreds of Parmesan that melt evenly into the polenta.

- 2 cups plus 2 teaspoons water, divided
- 2 cups plus 2 tablespoons unsalted chicken stock, divided
- 1 cup plus 2 tablespoons 2% reduced-fat milk, divided
- 3/4 teaspoon kosher salt, divided
- 1 1/3 cups stone-ground polenta
- Cooking spray
- 2 teaspoons unsalted butter
- 1/4 teaspoon black pepper
- 1.5 ounces Parmesan cheese, finely grated and divided (about 3/4 cup)
- 1 teaspoon grated lemon rind
- 1/2 teaspoon onion powder
- 1/4 teaspoon ground red pepper
- 1 large egg, lightly beaten
- 5 cups (1-inch) cauliflower florets
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 1/2 tablespoons fresh lemon juice
- 2 teaspoons olive oil
- 2 cups shiitake mushroom caps, quartered
- 1 tablespoon white wine vinegar
- 2 tablespoons chopped hazelnuts, toasted

1. Bring 1 3/4 cups water, 2 cups stock, 1 cup milk, and 1/2 teaspoon salt to a boil in a large saucepan. Reduce heat to medium-low; stir in polenta. Cook 20 minutes or until thick, stirring frequently. Pour 3 cups polenta into an 8-inch square baking dish coated with cooking spray; smooth surface. Cool, cover, and refrigerate. Stir 1/4 cup water, remaining

2 tablespoons milk, butter, black pepper, and 2 tablespoons Parmesan cheese into remaining 2 cups polenta; keep warm.

2. Preheat oven to 450°.

3. Coat a jelly-roll pan with cooking spray. Combine remaining Parmesan, rind, onion powder, and ground red pepper in a dish.

Combine remaining 2 teaspoons water and egg in a dish. Dip cauliflower in egg mixture; dredge in Parmesan mixture. Arrange cauliflower on prepared pan; coat with cooking spray. Bake at 450° for 15 minutes, stirring after 6 minutes. Place

cauliflower, parsley, juice, and remaining 1/4 teaspoon salt in a bowl; toss.

4. Heat oil in a skillet over medium heat. Add mushrooms; sauté 7 minutes. Add remaining 2 tablespoons stock and vinegar to pan; cook 2 minutes. Place 1/2 cup polenta in each of 4 bowls; top with 1 cup cauliflower mixture, 1/4 cup mushroom mixture, and hazelnuts.

SERVES 4

CALORIES 429; **FAT** 131g (sat 4.5g, mono 5.4g, poly 11g); **PROTEIN** 18g; **CARB** 60g; **FIBER** 7g; **CHOL** 64mg; **IRON** 4mg; **SODIUM** 514mg; **CALC** 216mg

—Recipes by Katie Barreira



EGGS FLORENTINE OVER SEARED POLENTA

Heat 2 sliced **garlic cloves** in 1 1/2 teaspoons **olive oil** in a skillet over medium-high heat until golden; remove from pan. Add 5 ounces **baby spinach**, stirring until wilted; remove from pan. Add 1 1/2 teaspoons olive oil to pan; swirl. Add 4 (3 x 2-inch) slices **polenta**; cook 3 minutes on each side. Bring a large skillet filled with water to a simmer. Break 5 **eggs** gently into pan; cook 3 minutes. Remove with a slotted spoon. Blend 1 poached egg yolk, 3 tablespoons **canola mayonnaise**, 1 tablespoon **lemon juice**, 2 teaspoons **water**, 2 teaspoons melted **butter**, and 1/4 teaspoon **kosher salt** in a blender. Top each polenta slice with 1/4 cup spinach, 1 egg, 1 1/2 tablespoons sauce, and garlic.

SERVES 4

CALORIES 305; **FAT** 14.7g (sat 3.9g, mono 7.1g, poly 2.6g); **PROTEIN** 12g; **CARB** 30g; **FIBER** 4g; **CHOL** 238mg; **IRON** 4mg; **SODIUM** 412mg; **CALC** 83mg

3



SHRIMP 'N' GRITS SKEWERS

Combine 2 teaspoons **olive oil** and 1 tablespoon melted **unsalted butter** in a small bowl. Stir in 1 tablespoon chopped **fresh tarragon**. Cut remaining refrigerated **polenta** into 16 cubes. Thread 2 polenta cubes, 3 large peeled and deveined **shrimp**, and 2 **grape tomatoes** alternately onto each of 8 (10-inch) skewers. Heat a grill pan over high heat. Coat pan with **cooking spray**. Coat skewers with cooking spray. Add skewers to pan; grill 2 to 3 minutes on each side or until shrimp are done. Remove skewers from heat; brush with butter mixture.

Sprinkle with 1/2 teaspoon **kosher salt** and 1/4 teaspoon **black pepper**.

SERVES 4 (serving size: 2 skewers)

CALORIES 217; **FAT** 6.6g (sat 2.4g, mono 2.5g, poly 0.5g); **PROTEIN** 10g; **CARB** 28g; **FIBER** 3g; **CHOL** 62mg; **IRON** 2mg; **SODIUM** 388mg; **CALC** 54mg

FREEZE IT!

**DINNER
TONIGHT**

**WEEKEND
WARRIOR**

Creamy Turkey Tetrazzini

Enjoy one baked pasta dish tonight, and freeze one for a comforting supper later.

GET AHEAD

This turkey- and veggie-loaded pasta bake is a one-dish meal worth sharing and is an easy solution for "nothing in the fridge" nights. Freezing and reheating instructions are on page 64.



Turkey Tetrazzini
Recipe p. 64



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FREEZE IT!

TURKEY TETRAZZINI

Hands-on: 32 min. Total: 52 min.

If your baking dish won't fit in the microwave, freeze the pasta mixture, without the panko topping, in an airtight plastic container, and thaw in the microwave. Transfer to baking dish, and sprinkle with topping before baking.

12 ounces uncooked penne pasta
3 tablespoons plus 2 teaspoons canola oil, divided
1 pound turkey cutlets
2 cups chopped onion
1 cup chopped celery
1 tablespoon chopped fresh thyme
3 (8-ounce) packages presliced mushrooms
½ cup dry white wine
1¼ teaspoons kosher salt, divided
3 cups 2% reduced-fat milk
3 tablespoons all-purpose flour
3 ounces 1/3-less-fat cream cheese, softened
2 ounces Parmesan cheese, grated and divided (about 1/2 cup)
1 ounce fontina cheese, shredded (about 1/4 cup)
1 teaspoon black pepper
2 cups frozen green peas, thawed
2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh tarragon (optional)
Cooking spray
½ cup whole-wheat panko (Japanese breadcrumbs)

1. Preheat oven to 350°.
2. Cook pasta according to package directions, omitting salt and fat. Drain. Place pasta in a large bowl.
3. Heat a large skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add turkey; cook 2 minutes on each side or until done.

Remove turkey from pan; cut into bite-sized pieces. Add turkey to pasta.

4. Return pan to medium-high heat. Add 2 tablespoons oil; swirl to coat. Add onion and celery; sauté 10 minutes. Add thyme and mushrooms; cook 15 minutes or until liquid evaporates. Add wine to pan; cook 4 minutes or until liquid evaporates, scraping pan to loosen browned bits. Stir in ¼ teaspoon salt. Add mushroom mixture to pasta mixture.
5. Place pan over medium heat (do not wipe out pan). Combine milk and flour in a bowl, stirring with a whisk until smooth. Add milk mixture to pan; cook 3 minutes or until slightly thickened, stirring frequently. Stir in cream cheese, 1 ounce Parmesan, and fontina; cook 5 minutes. Stir in remaining 1 teaspoon salt and pepper. Stir milk mixture, peas, parsley, and tarragon, if desired, into pasta mixture. Divide pasta mixture between 2 (8-inch) square glass or ceramic baking dishes coated with cooking spray.
6. Combine remaining 2 teaspoons oil, remaining 1 ounce Parmesan, and panko in a bowl; sprinkle evenly over tops of dishes. Bake at 350° for 20 minutes or until browned and bubbly, or follow freezing instructions.

SERVES 8 (serving size: about 1½ cups)
CALORIES 486; **FAT** 15.1g (sat 5.3g, mono 5.5g, poly 2.2g);
PROTEIN 33g; **CARB** 55g; **FIBER** 5g; **CHOL** 48mg;
IRON 4mg; **SODIUM** 648mg; **CALC** 254mg

—Recipe by Deb Wise



HOW-TO



FREEZE

Cover baking dish with heavy-duty foil or an airtight lid. Freeze up to two months.



THAW

Remove foil; place dish in microwave. Microwave at 30% power for 30 minutes or until thawed.

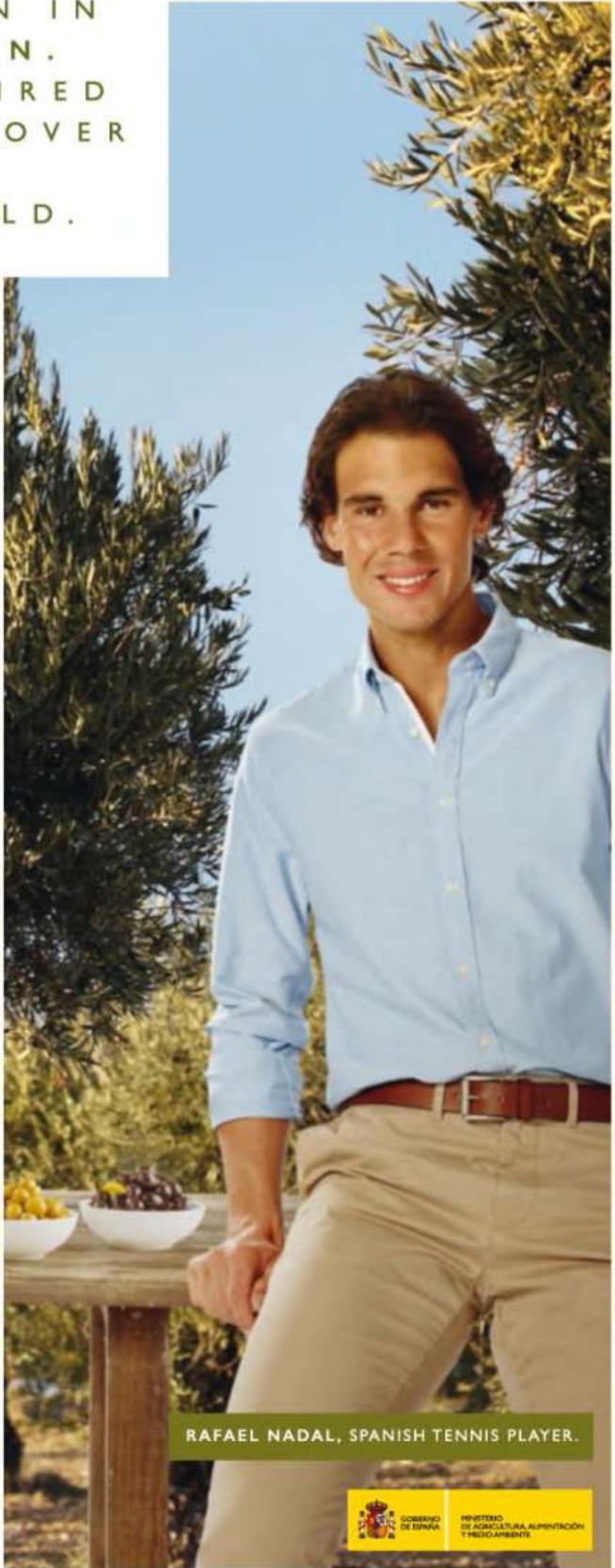


REHEAT

Preheat oven to 400°. Cover dish with foil. Bake at 400° for 20 minutes or until a thermometer inserted in center registers 160°.



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5 More Menu Ideas

Try these dinner favorites for a delicious week ahead.



Get these recipes, weekly plans, and shopping lists at cookinglight.com/sundaystrategist.

MONDAY



Caprese Mac and Cheese

⊕ Spinach Salad with Avocado and Orange

TUESDAY



Quick Chicken Piccata

THIS ISSUE, PAGE 40

⊕ Roasted Butternut Squash with Pecans and Sage

THIS ISSUE, PAGE 44

WEDNESDAY



Fig, Ham, and Ricotta Pizza

THIS ISSUE, PAGE 148

⊕ Garlic and Red Pepper Asparagus

THURSDAY



Shrimp Farfalle with Arugula Pesto

⊕ Broccoli Rabe with Garlic and Golden Raisins

FRIDAY



Quinoa, Smoked Trout, and Beet Salad

THIS ISSUE, PAGE 40

Dessert Bonus:

Chocolate-Granola Apple Wedges

TIP!

Now that your oven is back at work, make sure the temperature is accurate by preheating to 300° with an oven-safe thermometer inside. If the two readings don't match, it's time to recalibrate. Test for hot spots by toasting a baking sheet of bread slices on the middle rack at 350°. Note which slices are darker, and avoid or rotate dishes in those spots.

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Drink Smarter

Small sips can make a big impact. Here's how to enjoy responsibly.

BY HOPE CRISTOL

You come home from work, kick off your heels, and pour yourself a glass of wine. Do you have any idea how many ounces are in there? A substantial, case-of-the-Mondays pour could give you as many as 8 ounces in the right supersized goblet.

But a serving of wine is only 5 ounces. (A serving of beer is 12 ounces, and distilled spirits, 1.5 ounces, which is less than "I'll just cover these ice cubes with bourbon.")

Government guidelines recommend women drink no more than one serving per day. "Anything more than seven drinks per week or more than three drinks per episode counts as risky

for women," says Sherry McKee, PhD, deputy director of Women's Health Research at Yale.

Men can have twice that amount, but regardless of gender, drinking more than you should boosts the risk of hypertension, atrial fibrillation, stroke, and other serious health problems.

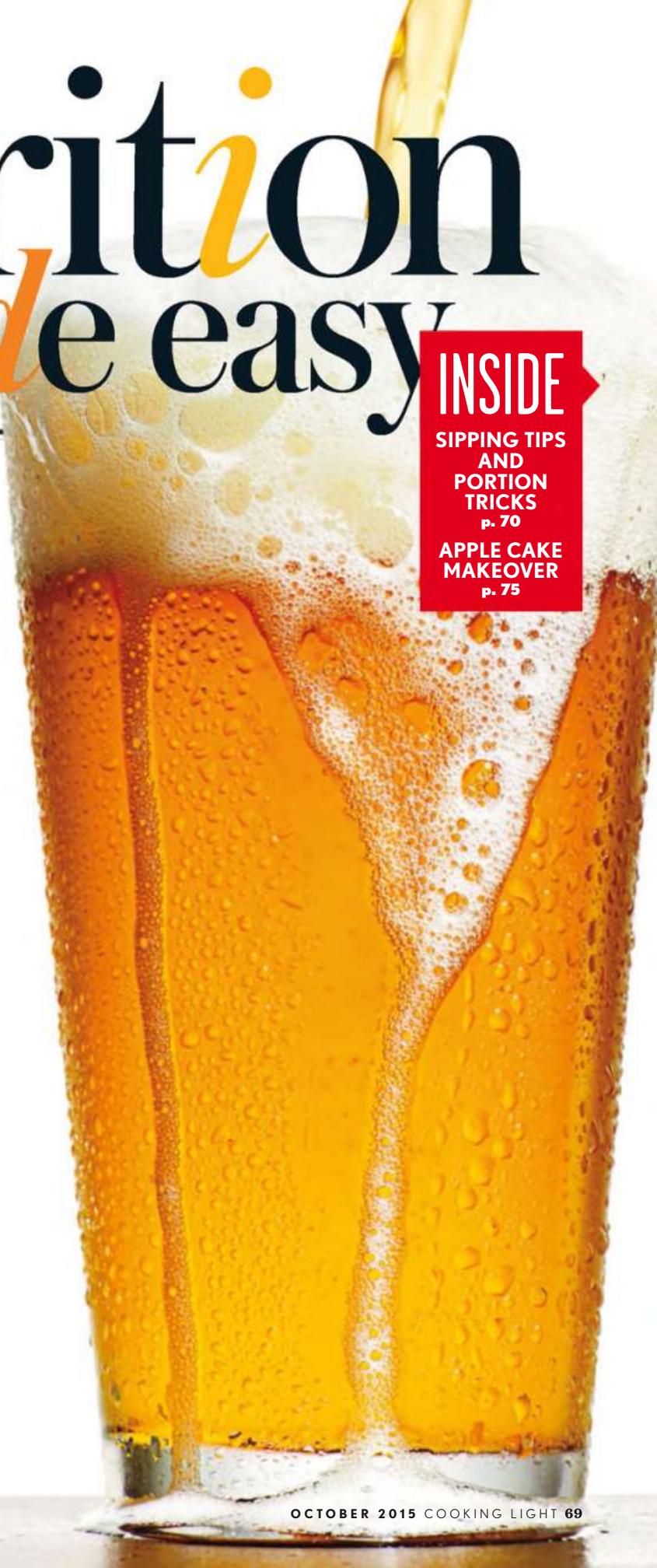
Plus, alcohol has calories: A daily tipple can add 1,000 calories to your diet over the course of the week.

But there's no reason you can't hoist a glass even on the most Monday of Mondays—as long as you keep your pours and their frequency in check. Turn the page to find out how to play it safe with alcohol.

INSIDE

SIPPING TIPS
AND
PORTION
TRICKS
p. 70

APPLE CAKE
MAKEOVER
p. 75



Know Your Alcohol

The benefits are real. Just understand the portion and calorie pitfalls. Here, a guide.



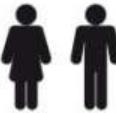
WHAT'S HEALTHIEST: BEER, WINE, OR LIQUOR?

GIVEN THE HIGHLY praised benefits of resveratrol, a compound found in grape skins, wine seems the obvious choice. Studies suggest it can help fight cancer, preserve memory, ease depression, and more. But the research is still evolving, says Joseph Wu, PhD, a professor of biochemistry and molecular biology at New York Medical College.

When it comes to reducing cardiovascular risk, though—which is of special concern, as heart disease is the number-one

killer of both men and women—the type of alcohol doesn't matter. "About 97% of the studies suggest it's the ethanol content in alcohol that's most beneficial," says Eric Rimm, ScD, director of the program in cardiovascular epidemiology at the Harvard T.H. Chan School of Public Health.

"You can study people who drink beer in Germany, spirits in Finland, and wine in France, and they all end up with about a 30% reduction in heart disease," says Rimm.



WHY SHOULD WOMEN DRINK LESS THAN MEN?

YOU MIGHT THINK THE one-drink-per-day limit for women versus two for men is because women tend to be smaller, and you'd be partly right. A more surprising factor is that women are deficient in an enzyme (called alcohol dehydrogenase) that breaks down alcohol in the stomach and liver.

"For genetic reasons, women have considerably less of this enzyme than men. If a man and woman weighed the same and drank the same amount of alcohol, the woman would

have higher blood levels of alcohol than the man for a longer period of time," explains preventive medicine specialist David Katz, MD, MPH, founding director of the Yale-Griffin Prevention Research Center.

"Whether alcohol and its metabolic breakdown products have toxic effects depends on how high blood levels go and how long they stay elevated." One drink can vary widely in both calorie and alcohol range, so make smart choices and sip slowly.

HOW MANY CALORIES ARE IN THAT DRINK?

ULTRA LIGHT BEER

64 calories



(2.5% alcohol)
Low cal but low alcohol. If you are looking to take the edge off, it might take a few of these.

WINE SPRITZER

72 calories



(3 ounces club soda, 3 ounces wine)
A smart, delicate sip for moderate drinking.

CHAMPAGNE

85 calories



(4 ounces)
Bubbles make for a lighter and brighter sip. Flutes are smaller than wineglasses, so you'll be less likely to overpour.

SCOTCH ON THE ROCKS

96 calories



(1.5 ounces)
Clean, simple, stiff. No mixer here—which is where a lot of calories hide.

LIGHT BEER

110 calories



(4% alcohol)
Although there's no governmental standard for "light" beer, calories must be listed to make the claim. Most have 100 to 120.

GIN & TONIC

120 calories



(2 ounces tonic, 1.5 ounces gin)
Tonic is no different from a soda—a teaspoon of sugar in about 2 ounces. Same as bourbon and cola.

WINE

125 calories



(5 ounces)
Equal calories for red, white, and rosé. (See "How to Pour the Perfect Glass," above, for portion tips.)

America is wet. There are more craft beers, small-batch distilleries, cocktail choices, and wine on tap in today's market—particularly as we enter tailgating season and look to the festivities of the holidays. The good news is that any alcohol, *consumed within the recommended guidelines*, confers cardiovascular benefit. Just remember weight also plays a role in health, and alcohol has calories, too. Bottom line: Choose wisely, and know where the calories hide.

HOW TO POUR THE PERFECT GLASS

Unlike beer, which varies widely in calories, wine is consistent at 125 per glass. But beer is proportioned; wine is not. How do you keep portions under control when it's time to uncork a 750-milliliter bottle? Try these tricks:

ORDER BY THE GLASS

Restaurants like to pour liberally around the table. If you do order a whole bottle, share it with a few friends.

WATCH THE WHITE

There's not much color contrast between a clear glass and white wine, which can lead you to pour more than you should.

DOWNSIZE GLASSES

Choose a smaller glass, like a narrow white wine glass. Studies show the bigger the glass, the more you pour.

PORTION THE BOTTLE

A standard 750-milliliter wine bottle holds around 25 ounces, or five (5-ounce) servings.

TABLE THE GLASS

In a recent study, participants poured 12% more wine when they held the glass. Set it on the table instead when you pour.

When we tested the Cooking Light staff's wine pouring abilities, 63% poured more than the recommended amount. And while the average pour was a little over 6 ounces, at least a third said they'd likely have more than one glass. —**Sidney Fry**

Lighten up your drink with our cocktail makeovers. Get the recipes at cookinglight.com/cocktails.

AMERICAN LAGER

150 calories



(12 ounces, 5% alcohol)
Calories come from alcohol (7 per gram) and carbs (4 per gram). A higher alcohol content = more calories.

VODKA MARTINI

210 calories



(3 ounces vodka, $\frac{1}{2}$ ounce vermouth)
Martini glasses may hold 5 to 6 ounces. Making it dirty adds 450mg sodium per $\frac{1}{2}$ ounce olive juice.

WHITE RUSSIAN

222 calories



(2 ounces vodka, 1 ounce coffee liqueur, 1 ounce half-and-half)
The liqueur has 12g of sugar per ounce—the amount in about a tablespoon.

SANGRIA

260 calories



(8 ounces)
When wine meets brandy, juice, fruit, and sugar, calories add up.

MARGARITA

273 calories



(the frozen 8-ounce happy hour pour)
More than 50% of these lime-coated calories come from sugar.

HIGH-GRAVITY BEER

291 calories



(16 ounces)
Higher alcohol (8% to 10%) means more calories. Be aware that pints are 16 ounces, not 12, like the typical can or bottle.

PIÑA COLADA

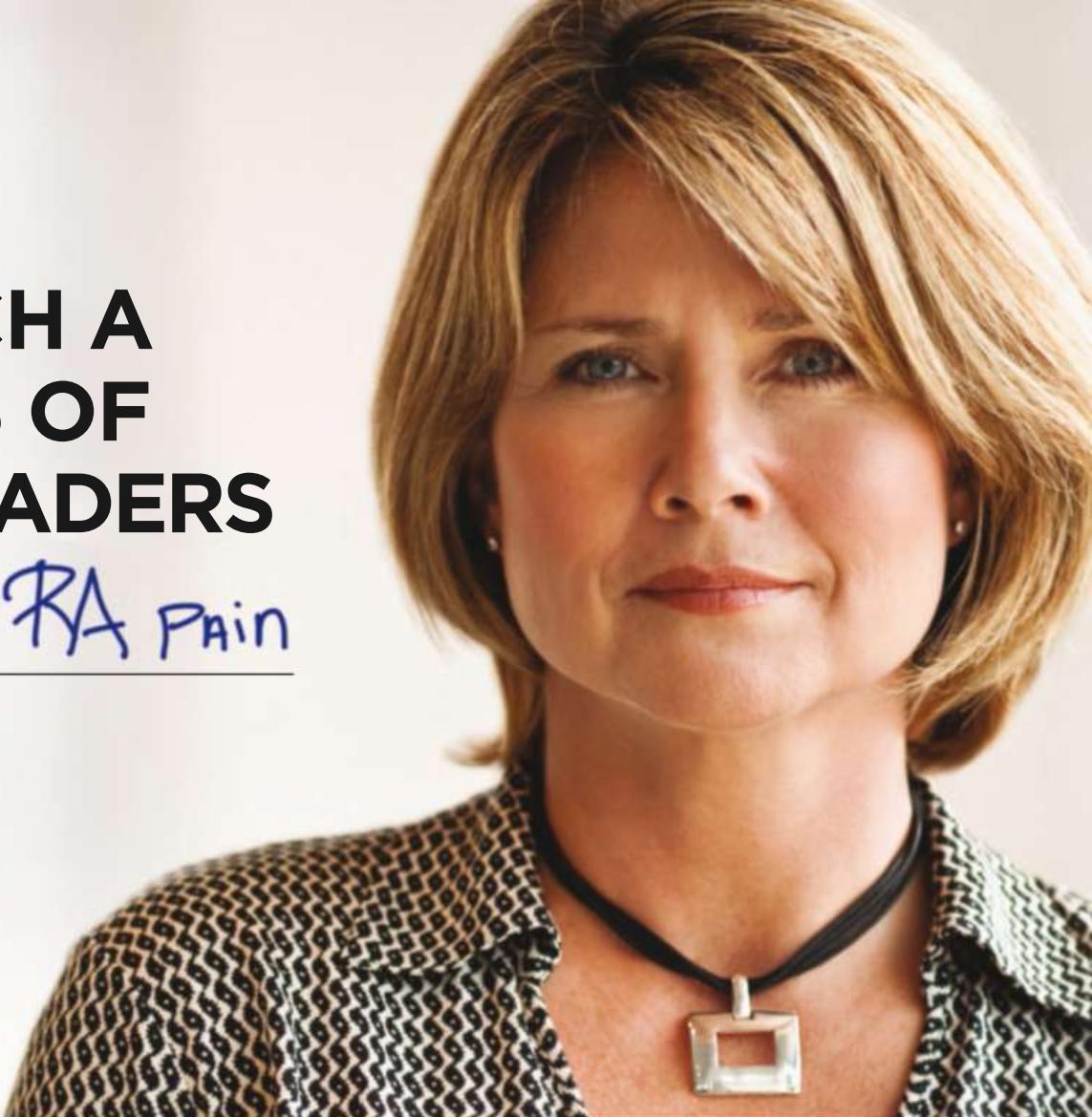
425 calories



(12 ounces frozen)
Rich cream of coconut adds 8g sat fat, while rum and sugar-filled juice spike calories.
—S.F.

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with my RA pain



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April 2014

TRA563107-01

One Awesome Apple Cake

Meltingly tender, buttery-crisp whole-grain cake for under 300 calories

BY SIDNEY FRY, MS, RD



PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLEN

Apple cake has delicious versatility: It's a fall family favorite that not only satisfies that between-the-meal and post-dinner sweet spot but also works wonders in the wee hours of the morning with a warm cup of coffee. And it counts as a serving of fruit, right? Whether streusled, crumb-topped, frosted, or glazed, there's one thing most apple cakes have in common: butter. And lots of it. With more than a stick in the batter and another $\frac{1}{2}$ stick in the topping, this fruit-filled delight can

pack nearly 450 calories and half a day's worth of sat fat into one snackable slice. Could we make this apple cake part of our everyday? We had to find out.

Instead of butter in the batter, we use one of our most popular dessert-makeover tricks: We swap it out for canola oil—a healthier fat.

Whole-wheat pastry flour replaces refined, adding a lovely nuttiness that perfectly complements the warm cinnamon and touch of ginger spice. Fresh apple lends moisture and natural sweetness while adding very few calories, and shredding the

fruit helps maximize this effect.

We save our buttery goodness for the whole-grain oat and walnut streusel, allowing all that rich and creamy flavor to hit your palate first.

And if that's not enough, we finish with a dollop of fluffy yogurt whipped cream to help balance the tart-sweet, apple-filled treat; this little trick saves 2.3g sat fat per slice over heavy whipped cream.

It's the best of every world—moist cake, crunchy streusel, and cool-creamy topping for less than 300 calories per slice. This apple a day is A-OK.



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

“Feel good about this fruit-filled cake any time of day.”

WHOLE-GRAIN APPLE CAKE WITH YOGURT CREAM

Hands-on: 18 min.

Total: 1 hr. 23 min.

There's a trifecta of textural awesomeness here, as the buttery-crisp topping meets silky-smooth yogurt cream on moist, tender cake. By using whole-wheat pastry flour in place of all-purpose, we triple the fiber per slice to a hearty 4 grams. For a chunkier cake texture, use chopped apples instead of shredded. This cake is great served warm or at room temperature.

Cake:

$\frac{2}{3}$ cup packed brown sugar
 $\frac{2}{3}$ cup nonfat buttermilk
 $\frac{1}{3}$ cup canola oil
1 teaspoon vanilla extract

2 large eggs
7.5 ounces whole-wheat pastry flour (about $1\frac{2}{3}$ cups)
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{8}$ teaspoon ground ginger
2 cups shredded peeled apple (about 2 large; such as Gala or Honeycrisp)
Baking spray with flour
Streusel:
3 tablespoons quick-cooking oats
2 tablespoons chopped walnuts
1 tablespoon brown sugar
1½ tablespoons frozen unsalted butter, grated

Dash of kosher salt

Yogurt cream:

$\frac{1}{2}$ cup plain 2% reduced-fat Greek yogurt

3 tablespoons heavy whipping cream

1 tablespoon brown sugar

1. Preheat oven to 350°.
2. To prepare cake, place first 5 ingredients (through eggs) in a large bowl; beat with a mixer at medium speed 30 seconds or until well combined. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (through ginger) in a medium bowl, stirring well with a whisk. Add flour mixture to sugar

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mixture; beat at low speed just until combined. Stir in apple by hand. Spread batter into a 9-inch spring-form pan coated with baking spray.

3. To prepare streusel, combine oats and next 4 ingredients (through dash of salt) in a small bowl; toss to combine. Sprinkle streusel topping evenly over batter.

4. Bake at 350° for 45 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool in pan 10 minutes on a wire rack; remove sides of pan.

5. To prepare cream, place yogurt, whipping cream, and 1 tablespoon sugar in a bowl; beat with a mixer at medium speed until soft peaks form. Serve with warm cake.

SERVES 10 (serving size: 1 cake wedge and about 1 tablespoon cream)

CALORIES 299; **FAT** 13.5g (sat 3.3g, mono 6.2g, poly 3.2g); **PROTEIN** 6g; **CARB** 40g; **FIBER** 4g; **CHOL** 49mg; **IRON** 1mg; **SODIUM** 252mg; **CALC** 94mg

TOP TIPS TO SLIM THE SLICE



APPLES

Fresh fruit lends moisture and natural sweetness. We use a box grater to shred the raw apple, which melts into the baking batter. This fruity trick allows us to cut sugar by more than half to save 49 calories per slice.



CANOLA OIL

We use canola oil in place of butter in the cake batter, saving 4.3g sat fat per slice. The oil's delicate texture adds a light, fluffy crumb to the cake, while the neutral flavor helps carry the warm spices and natural sweetness of the apples.



FROZEN BUTTER

To get away with using less butter, we first freeze it, then grate it to stretch every morsel. Doing so allows us to reduce the amount of butter in the topping by two-thirds to save 1.3g sat fat per slice.



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Registered dietitian **CHEF ANNA BULLETT** suggests starting with simple swaps: Replace ingredients that are high in saturated fat with items like cholesterol-free Mazola® Corn Oil. She showed us the heart-healthy way to make her favorite recipes.

SEARED SALMON FILLETS WITH ORZO PILAF

5 teaspoons Mazola® Corn Oil, divided	2 tablespoons chopped fresh dill
¾ cup uncooked orzo	2 tablespoons fresh lemon juice
1 ½ cups unsalted chicken stock	1 ounce chopped pitted kalamata olives
½ teaspoon salt, divided	4 (6-ounce) salmon fillets
¼ cup bottled roasted red bell peppers, thinly sliced	½ teaspoon black pepper

1. Heat a medium-sized saucepan over medium-high heat. Add 2 teaspoons oil; swirl. Add orzo; sauté two minutes or until toasted. Add stock and ¼ teaspoon salt; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Stir in bell peppers, dill, juice, and olives; keep warm.
2. Heat a large nonstick skillet over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl. Sprinkle fish with remaining ¼ teaspoon salt and black pepper. Cook three minutes on each side or until desired degree of doneness. Serve with orzo mixture.



A recent study found that Mazola® Corn Oil helps lower cholesterol more than extra virgin olive oil.*



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* Maki KC, Lawless AJ, Kelley KM, Kaden VN, Dicklin MR. Benefits of corn oil compared to extra virgin olive oil consumption on the plasma lipid profile in men and women with elevated cholesterol: results from a controlled feeding trial. *J. Clin. Lipidol.* January/February 2015 issue. Study sponsored in part by ACH Food Companies, Inc.

** Based on USDA Nutrient Database SR-27, 2015. USDA and USDAHHS 2010; FDA 2000, 2010; Wu et al. 2009; Demonty et al. 2008; Ellekrog et al. 2008; Mensink et al. 2010.



Grilled pork with
avocado salsa

HEART HEALTHY IS ON THE TABLE.

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Corn oil is a cholesterol free food that contains 14g of total fat per serving. See nutrition information on package for fat and saturated fat content. Very limited and preliminary scientific evidence suggests that eating about 1tbsp (16g) of corn oil daily may reduce the risk of heart disease due to the unsaturated fat content in corn oil. FDA concludes there is little scientific evidence supporting this claim. To achieve this possible benefit, corn oil is to replace a similar amount of saturated fat and not increase the total number of calories you eat in a day. One serving of this product contains 14g of corn oil. For more information visit Mazola.com.

* Maki KC, Lawless AJ, Kelley KM, Kaden VN, Dicklin MR. Benefits of corn oil compared to extra virgin olive oil consumption on the plasma lipid profile in men and women with elevated cholesterol: results from a controlled feeding trial. *J. Clin. Lipidol.* January/February 2015 issue. Study sponsored in part by ACH Food Companies, Inc.



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Food as it should be.

healthyhabits

Beauty: Olive Oil **p. 85**

Diet: Meal Times **p. 92**

Travel: San Diego **p. 94**

Understand the Power of the **CALORIE**

When it comes to food choices, what counts is quality.

BY ALISON ASHTON



Calories are one of the first items listed on the Nutrition Facts label of packaged foods, and many of us approach them like a dietary bogeyman, fearing too many will make us fat. "Americans have such a negative connotation about the word 'calories,'" says Carolyn Williams,

PhD, RD, contributing nutrition editor for *Cooking Light*. "But calories are just a measure of energy in food."

Here's a surprise: Many nutrition experts aren't fans of counting calories. "A lot of our patients try really hard to count and restrict calories, and it doesn't work," says Barbara Gower, PhD, a professor of nutrition science

at the Nutrition Obesity Research Center at the University of Alabama at Birmingham. "I tell patients, 'The reason you can't lose weight isn't because you can't do math.' It just isn't that simple."

So what do you need to know about calories? Start by letting go of the myths outlined on the next page.

“Calories are like gas in a car.
Quality affects performance.”

Three Common Calorie Myths

1

MYTH LESS IS MORE

It seems counterintuitive, but eating too little actually makes it harder to lose weight. “If you restrict too much, your body goes into starvation mode,” says Traci Mann, PhD, a professor of food psychology at the University of Minnesota Twin Cities and author of *Secrets from the Eating Lab*. As you eat less, your metabolism adjusts to run on fewer calories.

Then there’s the stress that comes with dieting: Mann’s research has found restricting and counting calories boosts levels of cortisol, a stress hormone linked to—you guessed it—weight gain.

Try this: If you must count calories, limit it to just a week. This will reveal plenty about the quality and quantity of your diet.



2

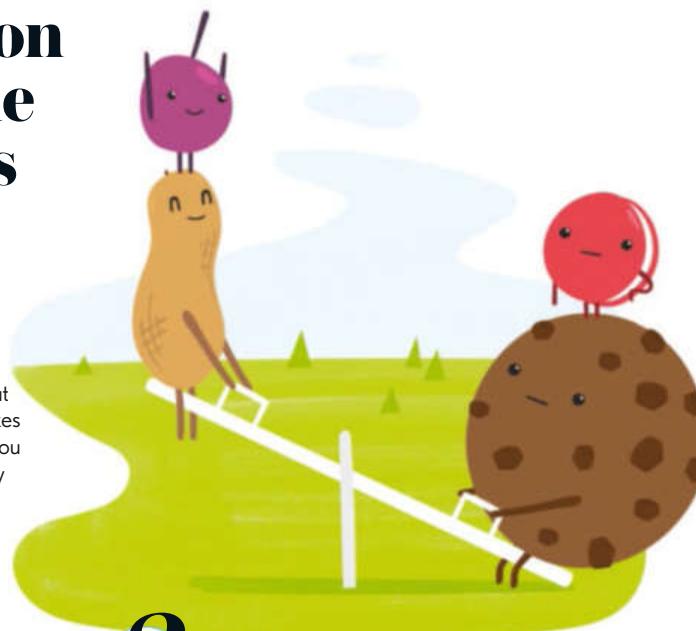
MYTH IT'S JUST CALORIES IN, CALORIES OUT

“The whole calories-in-calories-out argument is so simple and appealing. That’s the beauty of it,” says Gower. “The downside is, that’s just one piece of the story.” That’s because the way our bodies use calories is complex. (Read more about how when you eat can affect metabolism on page 92.)

“The idea that humans are just buckets that you pour calories into the top and calories come out the bottom isn’t supported by the evidence,” says Dariush Mozaffarian, MD, DrPH, dean of the Friedman School of Nutrition Science and Policy at Tufts University. “And the evidence is strong that total calories isn’t the right thing to focus on in most cases.”

He calls calorie-counting “a distraction” that often leads to poor nutritional choices. “There’s an endless list of personal, food industry, and government decisions that are at best useless and at worst harmful because of the focus on total calories,” says Mozaffarian. Examples range from school nutrition programs that favor sugar-laden chocolate skim milk over plain whole milk to food manufacturers who cut out healthful fats to trim calories.

Try this: Make smarter choices. A 100-calorie snack pack of cookies offers little in the way of nutrition compared to 100 calories’ worth of nuts, which contain protein, minerals, and vitamins in addition to calories.



3

MYTH ALL CALORIES ARE CREATED EQUAL

How your body uses calories depends on the quality of the food around the calorie. “What you eat is way more important than how much you eat for your overall health,” says Mozaffarian. “The foods we eat have very different effects on brain reward and cravings; on liver function; on production of fat; on our glucose, insulin, and other hormonal responses; on our gut microbiome; and on our fat-cell responses.”

“Calories are like gas in a car,” says Williams. “The quality of gas you put in affects how your body runs. It really does matter what those calories are, especially for satiety and energy—250 calories of fruit and nuts are different from a 250-calorie honey bun.” Fruit and nuts are full of satisfying fiber, protein, and fat, while the honey bun is a refined-starch bomb that will have you prowling for a snack an hour later.

Feed it right, and your body does a good job of managing your appetite and regulating calories without your having to count. Gower’s research has found that shifting some calories away from carbs and toward healthful fats and (a little) more protein helps people shed belly fat while maintaining more lean muscle mass than they do on a higher-carb diet.

“We just tell our patients, ‘Eat fat and protein because you won’t overeat. Focus on the quality of what you’re eating, and the rest will take care of itself,’” says Gower.

Try this: Calories from fat and protein are more satisfying than carbs because you digest them more slowly, which signals your brain to stop eating.

KEEP ON TRACK

Writing down what you eat—vs. counting calories—is a saner way to keep your diet in check. Visit cookinglight.com/stay-sane for our best tracking tips.

Tap Into the Allure of Olive-Based Beauty

This super fruit benefits the whole body, including your skin, hair, and face. **BY CINDY HATCHER**

ELIZABETH ARDEN

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Pretty in Pink

Proceeds from these products benefit breast cancer-related charities.

Origins Make a Difference Rejuvenating Hand Treatment (\$21, origins.com) Hydrate hands with this botanical-infused cream. \$4 of purchase benefits The Breast Cancer Research Foundation (BCRF).



Estée Lauder Resilience Lift Night (\$86, esteelauder.com) Apply nightly for firmer skin. Bonus: Comes with a chic pink ribbon charm bracelet. 20% of suggested retail price goes to BCRF.



Londontown Love Bite #9 (\$16, londontownusa.com) Show your support with this pretty pink, 9-free polish. 50% of proceeds head to Unite for HER, which supports breast cancer patients via yoga and massage.



Shiseido Veiled Rouge in Pomegranate, Skyglow, or Sloe (\$25, shiseido.com) \$5 from the sale of any of these three shades of long-wearing lipstick benefits Cosmetic Executive Women's philanthropic arm, Cancer and Careers.





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MOMS TAKE



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ACHING, SNEEZING,
FEVER, COUGHING,
SORE THROAT, ACHING,
STUFFY HEAD, FEVER,
CHEST CONGESTION, STUFFY HEAD,
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MEDICINE. MEDICINE.**



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What's in Your Bag, *GAIL SIMMONS*?

This *Top Chef* judge has packed hers to go.



In addition to her duties on the Emmy-winning Bravo show, Simmons is special projects director at our sister magazine *Food & Wine*, an author, and a mom. When she's not concocting delicious dishes, she's known to whip up a beauty product or two: "We shot in Palm Springs recently, and it was so dry," she says. "I made my own lip scrub with coarse brown sugar, honey, and a little citrus zest." Catch what else Simmons is cooking up when *Top Chef* returns in December.



CINDY
HATCHER
BEAUTY
EDITOR

WHAT I LOVE THIS MONTH

I've used cotton rounds to remove everything from eye makeup to nail polish for years, but **Q-tips Beauty Rounds** (\$5, qtips.com) are a game changer. They're softer, thicker, and feel like a little fluffy cloud on my lids and nails.



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**The
DIET
HABIT**

You Are When You Eat
Eating calories earlier may
help you lose weight.



It turns out that *when* you eat may make the calories you consume a bit less ... caloric. "For a long time, we thought the effect of mealtime on metabolism—that old adage that you should eat breakfast like a king and dinner like a pauper—was just an old wives' tale," says Frank Scheer, PhD, director of the medical chronobiology program at Brigham and Women's Hospital and assistant professor of medicine at Harvard Medical School. "Now we know that the body responds differently to that meal depending on the time of day it's consumed."

In a study of 420 dieting Spaniards, Scheer and his colleagues found that subjects who ate their midday meal (traditionally the largest meal of the day in Spain) earlier lost more weight than those who lunched later. A 2013 study of overweight women reached similar conclusions.

Why does early eating seem to have such a beneficial effect, while later noshing is associated with negatives, from weight gain to elevated blood sugar? The answer is nowhere near as

simple as night and day. It has long been known that our bodies have their own built-in 24-hour timekeeper that controls sleep/wake cycles and the rhythmic release of hormones. Recently, though, researchers have identified a squadron of peripheral clocks scattered all over our bodies—in the stomach, the pancreas, even in fatty tissue—that can be affected by any number of things, including eating, caffeine, high-fat foods, and alcohol. When all the clocks are in sync, things run smoothly. When the clocks are out of sync, it's a bit like setting all the clocks in your office to different times—inefficient, to say the least.

Researchers continue to investigate the mechanisms behind these observations, and the preliminary findings are promising. But they are not a license to breakfast on doughnuts. "Eating at a healthy time is not a substitute for eating a healthy diet," says Scheer. "But paying attention to when you eat, and eating more of your calories earlier in the day, may help you achieve and maintain a healthy weight." —JENNIFER DRAWBRIDGE

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San Diego, California

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light.com/
features](http://cookinglight.com/features).

MORNING

East Village

French bistro **1 CAFE CHLOE** (cafechloe.com) is the perfect spot to start the day. Order a breakfast salad with pancetta, poached egg, brioche croutons, and frisée.

Half a block away you'll find **Juice Saves** (godblessjuice.com). Go for a Mighty Healthy: kale, Swiss chard, cucumber, celery, parsley, lemon, and ginger. Sip as you stroll through San Diego's East Village neighborhood, home to Petco Park and the new Central Library.

Burn: 34 calories
Eat: 524 calories

WATER WORKOUT

San Diego Bay

It's just a half-mile walk to board the ferry to **2 CORONADO ISLAND**, where you can rent stand-up paddleboards from **Bike & Kayak Tours** (reserve ahead at bikeandkayaktours.com), and set out on a 90-minute paddle for spectacular views of downtown and the

Coronado Bridge. After working up an appetite, hop back on the ferry for downtown replenishment.

Burn: 551 calories

LUNCH

Waterfront

The Headquarters at Seaport District (theadquarters.com), in the city's historic, Mission-style police headquarters building, is now filled with boutiques and restaurants, such as

3 PUESTO (eatpuesto.com), which serves fresh Mexican street food in a former cellblock with colorful graffiti art.

Because no visit to San Diego is complete without trying the city's favorite dish, the fish taco, order the tuna asada taco made with seared bigeye tuna, fresh guacamole, and a sprinkling of cilantro wrapped in a house-made corn tortilla. Try it with a crispy shrimp tostada drizzled with mango habanero sauce.

Burn: 68 calories
Eat: 662 calories

GET MOVING

Bankers Hill

After lunch, hike up the hill to 1,200-acre **Balboa Park** (balboapark.org). San Diego's version of

Central Park has 65 miles of trails, gardens, and museums. Hit trail #44 for a 3-mile route that takes you past museums and over the historic Cabrillo Bridge.

Burn: 204 calories

DINNER

Little Italy

Make your way to Little Italy at sunset and enjoy incredible views of the San Diego Bay and Point Loma. Grab a seat at **4 IRONSIDE FISH & OYSTER** (ironsidefishandoyster.com) and sample a few briny Ironside Select oysters and the spritzy Toledo Steel cocktail.

After you've piqued your appetite, head a couple of blocks north to **Top Chef**

vet Richard Blais' **Juniper & Ivy** (juniperandivy.com). Try the brined, roasted chicken, served with green harissa, "sea water" potatoes, and chanterelle mushrooms. True to Blais' roots, you'll find a Southern accent: The buttermilk biscuits with smoked butter are a worthy indulgence.

Burn: 55 calories
Eat: 1,060 calories

NIGHTCAP

North Park

Craft beer has become as synonymous with San Diego as sunshine and surfing, so hail a cab to

5 MODERN TIMES

(moderntimesbeer.com). Inspired by the 1990s, the bar is made out of old VHS tapes, and the walls are decorated with a mural of floppy disks. Enjoy the visual time travel and rest assured you've earned every drop.

Drink: 200 calories
—Casey Hatfield-Chiotti

TOTAL BURNED:

912

TOTAL EATEN:

2,446

TOTAL STEPS:

15,200

(NET CALORIES: 1,534)

NORTH PARK



PHOTOGRAPHY: (CLOCKWISE FROM TOP) ISABEL LAWRENCE; PHOTOGRAPHERS: MELISSA GAYLE, COURTESY OF PUESTO/CARMELLE PINA, DAVE LAURIDSEN, AND COURTESY OF IRONSIDE FISH & OYSTER/LYNDA ZOTOVA

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3-INGREDIENT PANCAKES

Made from whole grains, fruit, and one protein-packed egg

3-INGREDIENT PANCAKES

Hands-on: 10 min. Total: 10 min.

These single-serving pancakes are a bit more like the custardy center bite of French toast: fluffy, eggy, and golden delicious.

1 medium ripe banana
2 tablespoons whole-wheat flour
1 large egg, lightly beaten

1. Mash banana with a fork until smooth. Add flour and egg; stir well with a whisk.
2. Heat a large nonstick skillet or griddle over medium-high heat. Spoon batter onto skillet, using one-third of batter for each pancake. Cook 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 1 to 2 minutes or until bottoms are lightly browned.

SERVES 1 (serving size: 3 pancakes)

CALORIES 228; **FAT** 5.5g (sat 1.8g, mono 1.9g, poly 1.2g); **PROTEIN** 10g; **CARB** 38g; **FIBER** 5g; **CHOL** 186mg; **IRON** 2mg; **SODIUM** 72mg; **CALC** 39mg

100-CALORIE TOPPERS

SWEET: 2 tablespoons part-skim ricotta cheese, 1 teaspoon toasted walnuts, $\frac{1}{4}$ cup blueberries, and 1 teaspoon honey

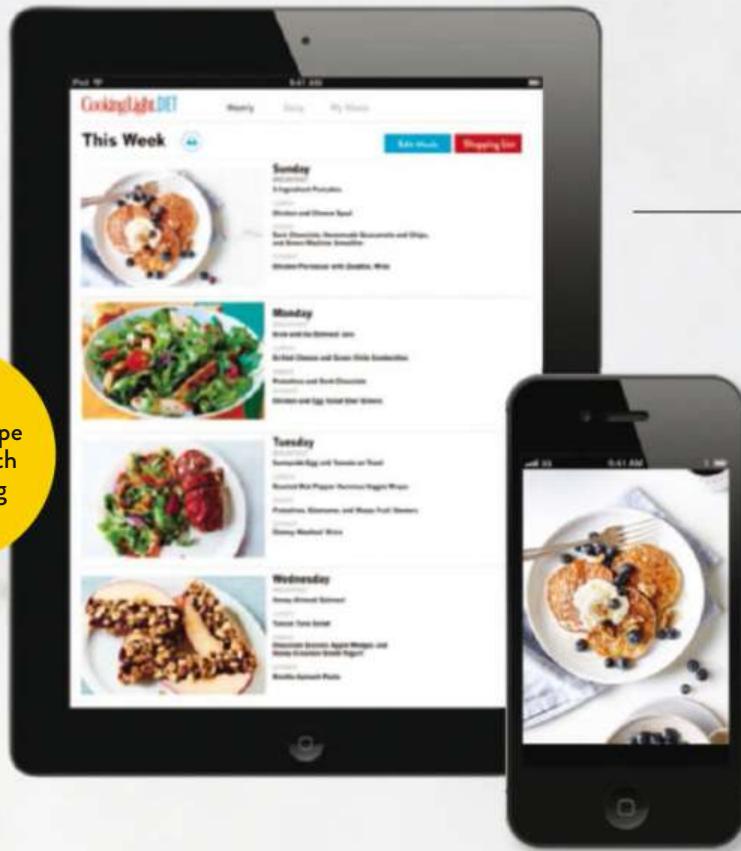
SAVORY: 2 teaspoons creamy almond butter mixed with $1\frac{1}{2}$ tablespoons warm 1% low-fat milk, 1 slice cooked and crumbled center-cut bacon, and 1 teaspoon almonds

—Recipe by Michelle Klug

A PERFECT 10
These tasty pancakes pack in a mighty 10 grams of protein, ready in a 10-minute snap.

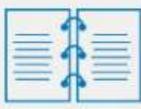
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FROM THE CL GARDEN

COOLER HEADS PREVAIL

Cover crops to extend the growing season.

BY MARY BETH SHADDIX

PHOTOGRAPHY: (LOCATION) STEPHEN DEVRIES

Now that temperatures have dropped, it's even easier to fall in love with growing your own fresh produce. Year-round gardening is possible nearly everywhere, once you master a few tricks to protect your plants.

The crops with hearty foliage that you planted in late summer, such as greens, cabbages, chard, bok choy, radicchio, lettuces, carrots, and beets, are flourishing in cooler weather. When nightly lows dip below freezing, keep those rows

cozy with easy hoop houses made from simple PVC supports and plastic or fabric covers. Some plantings, such as collard greens and cabbages, thrive and even improve in flavor with frosts.

Spice up your salads with mâche, mizuna, arugula, or cress, which act as a ground cover between plantings of broccoli, kale, and cauliflower.

Whatever your tastes, there are many ways to keep your pots filled in the garden and the kitchen this month.

Stock Your Salad Bowl

These greens tolerate cooler temps.



PUT IT TO BED

Most regions require a light- or medium-weight polypropylene or polyester fabric, found in local garden shops or online at johnnyseeds.com. Here's how to make your covers:



1. Cut three 6-foot lengths of 1/2-inch flexible PVC pipe with handheld cutters (adjusting for the height of your crops).



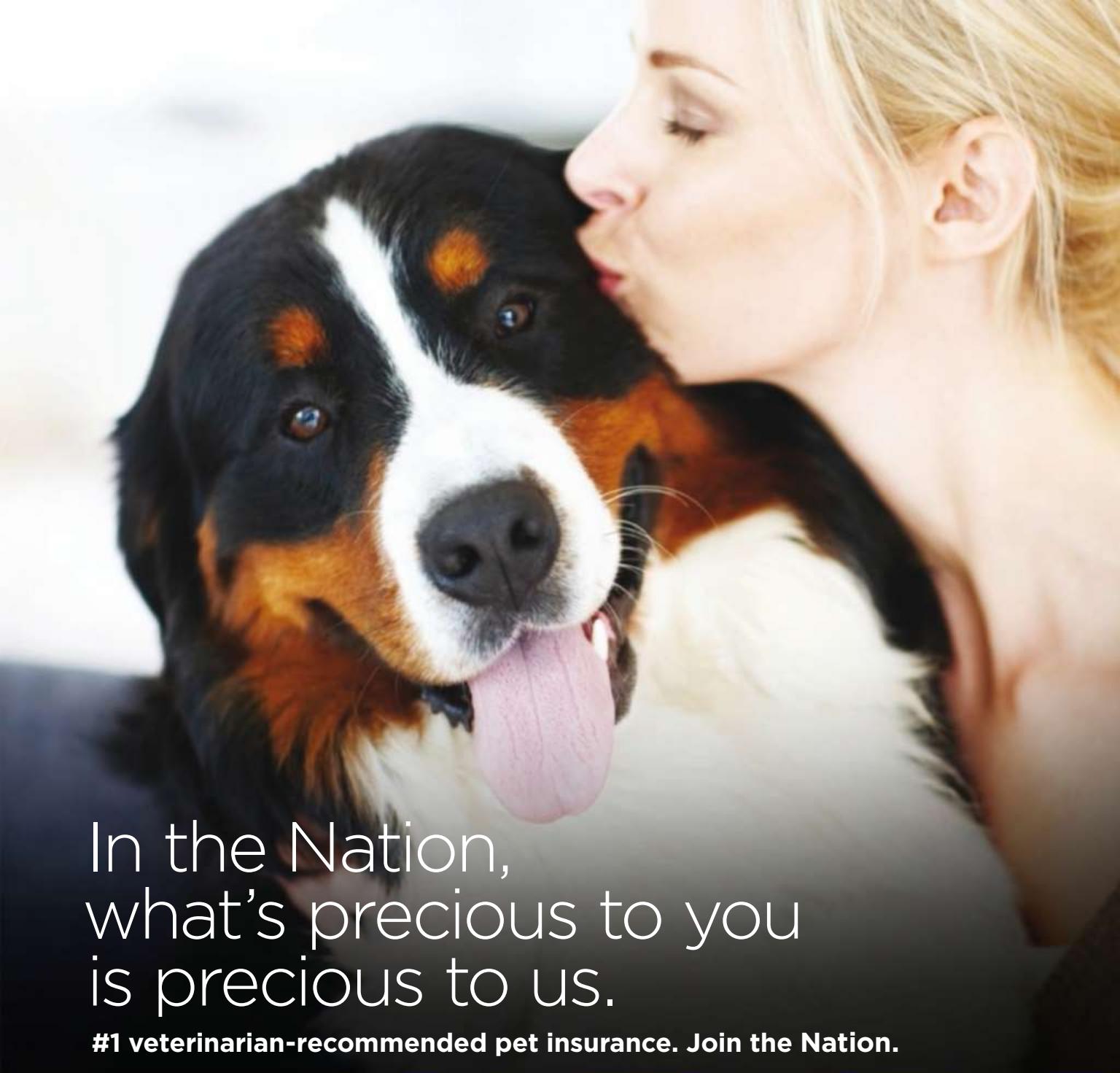
2. Screw 1/2-inch C-clamps at opposite points on the interior wall of beds, spaced every 2 feet. Insert pipe pieces into C-clamps, creating a hoop.



3. Cover hoops with fabric or plastic, clamping it tightly onto the pipes. On bright, warmer days, pull back the covers to give plants a chance to soak up the sun and to prevent overheating.

MEET OUR GARDENER

Mary Beth Shaddix is a gardener and writer based near Birmingham, Alabama. She plans and oversees the Cooking Light Garden and contributed to *Pick Fresh*, our cookbook and garden guide. Reach her at marybethshaddix.com or [@mbshaddix](http://mbshaddix) on Instagram and Twitter.



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SWEET AND SOUR ROASTED NAPA CABBAGE WEDGES

Hands-on: 6 min. Total: 25 min.

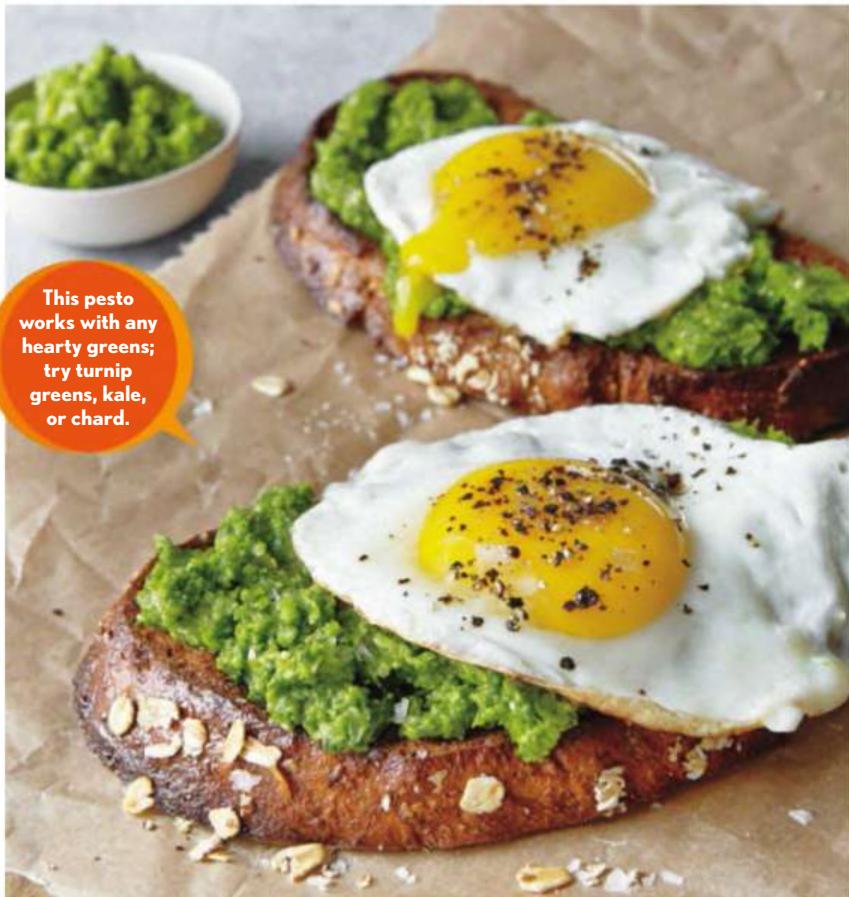
Caramelizing cabbage under the broiler draws out its natural sugars and deepens the flavor of the glaze. Preheat the roasting pan to jump-start the browning process.

2 tablespoons olive oil
2 tablespoons cider vinegar
1 tablespoon brown sugar
1 teaspoon whole-grain Dijon mustard
1 teaspoon grated garlic
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon freshly ground black pepper
1 head napa (Chinese) cabbage, cut lengthwise into quarters
Cooking spray

1. Place a large roasting pan in oven. Preheat oven and pan to 450°.
2. Combine first 7 ingredients in a small bowl.
3. Coat cut sides of cabbage with cooking spray. Place cabbage, cut sides down, on preheated pan; bake 6 minutes. Turn cabbage onto other cut side; bake an additional 6 minutes. Remove pan from oven. Heat broiler to high. Brush cabbage evenly with oil mixture; broil 3 minutes or until browned and caramelized.

SERVES 4 (serving size: 1 wedge)

CALORIES 95; **FAT** 6.8g (sat 0.9g, mono 4.9g, poly 0.7g); **PROTEIN** 2g; **CARB** 6g; **FIBER** 2g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 194mg; **CALC** 64mg



MUSTARD GREEN PESTO AND EGG OPEN-FACED SANDWICHES

Hands-on: 18 min. Total: 18 min.

Any extra pesto will keep refrigerated for 4 days and frozen for up to a month.

2 cups chopped mustard greens
 $\frac{1}{4}$ cup toasted walnut oil
2 tablespoons apple cider vinegar
 $\frac{3}{4}$ teaspoon freshly ground black pepper, divided
 $\frac{1}{4}$ teaspoon kosher salt
6 ounces frozen green peas, thawed
1.5 ounces Parmigiano-Reggiano cheese, grated (about $\frac{1}{3}$ cup)
1 tablespoon olive oil
4 large eggs
4 (1½-ounce) slices multigrain bread, toasted

1. Combine greens, walnut oil, vinegar, $\frac{1}{2}$ teaspoon pepper, salt, peas,

and cheese in a food processor; process until smooth.

2. Heat a large nonstick skillet over medium-high heat. Add olive oil to pan; swirl to coat. Crack eggs into skillet. Reduce heat to medium; cook 4 minutes or until whites are set. Sprinkle eggs with remaining $\frac{1}{4}$ teaspoon pepper.
3. Top each bread slice with about $\frac{1}{4}$ cup pesto and 1 egg.

SERVES 4 (serving size: 1 sandwich)

CALORIES 386; **FAT** 23.4g (sat 4.4g, mono 5.8g, poly 11.1g); **PROTEIN** 16g; **CARB** 28g; **FIBER** 4g; **CHOL** 195mg; **IRON** 3mg; **SODIUM** 508mg; **CALC** 272mg

—Recipes by Adam Hickman and Deb Wise

MORE ONLINE

Find planting plans, our favorite varieties to grow, and harvest tips at cookinglight.com/garden. Use #CLPickFresh to connect with us.



Cook like a genius as
Keith Schroeder reveals
the science behind his art.

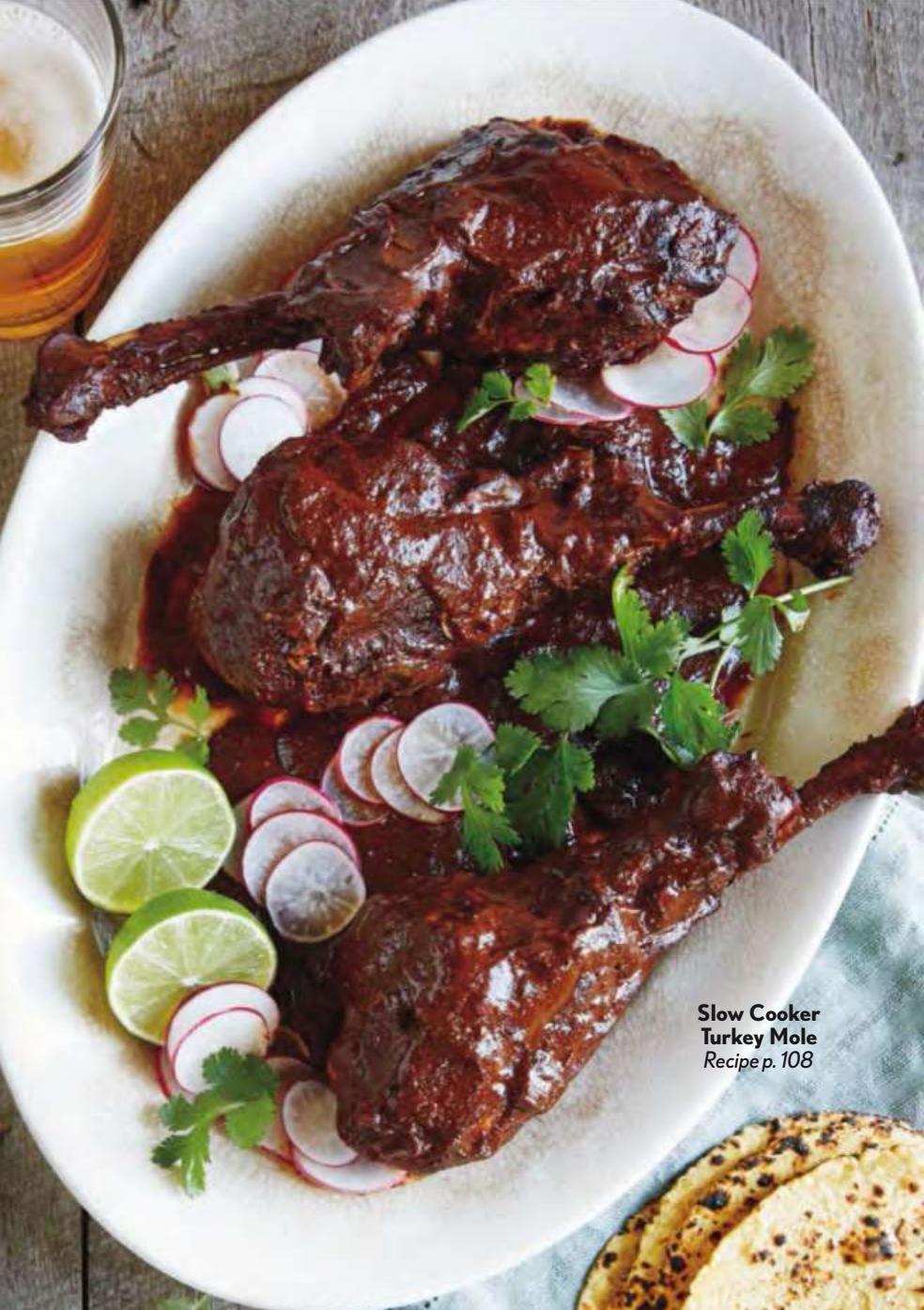
mad delicious

THIS MONTH'S LESSON

Slow Cooker Mole

To make mole poblano, the sweet, smoky, deep, mysterious sauce of Mexico, one need not dive into a history book or spend four days at the stove. It's a sauce that's easily pulled beyond lore, rules, and tradition—into the slow cooker, even.

Start by building smoky flavor—charred smoky, not barbecue smoky. Then impart sweetness and body; I use starchy-sweet ripe plantain for that. Savory notes come from the turkey itself, richness from nearly charred pecans. The liquid-to-stuff ratio is important. You're not looking for something pasty, but a smooth, just-viscous-enough gravy of the gods. Smoky. Sweet. A little spicy. Plenty savory. Toasty. Mad delicious.



Slow Cooker
Turkey Mole
Recipe p. 108

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Keith's first Cooking Light cookbook, *Mad Delicious*, is a 2015 James Beard Foundation Book Award winner for Focus on Health.



Keith's Recipe Breakdown

SLOW COOKER TURKEY MOLE

Hands-on: 45 min. Total: 6 hr.

Shred meat and return to sauce for ease of serving, or place drumsticks on a platter as on page 107. Serve over rice or with corn tortillas. To prepare the dish stovetop, simmer in a Dutch oven 4 hours or until meat pulls away from the bones.

Ingredient	Amount	Why
Fresh orange juice	1/3 cup (about 1 orange)	Adds some sugar to the turkey marinade—will char-caramelize in the pan.
Fresh lime juice	1/3 cup (about 3 limes), divided	Without some bright acid from lime, the sauce could be cloying.
Turkey drumsticks (skin-on)	3 1/2 pounds (about 4 drumsticks)	A celebratory mole is often made with turkey. Plus, it's an unheralded protein.
Ancho chiles	5 (dried)	Serve as the raisiny-sweet and deeply colored backdrop.
Guajillo chiles	5 (dried)	For additional body.
Unsalted chicken stock	6 cups	This is your base for the sauce. The turkey itself will yield some additional broth as it cooks.
Plantain, soft, black, and very ripe	1 cup, sliced	Plantains are starchy, sweet, and gently acidic, serving three functions in the sauce.
Pecan halves, deeply toasted	1/2 cup	Unlike some nuts, pecans puree into a silky-smooth paste when hydrated.
Unsweetened chocolate	2 ounces	There's plenty of sweetness from the plantain. You can also try a brand with added cinnamon (such as Luker), found in Latin markets.
Fresh oregano leaves	1 tablespoon	While dried is more typically used, this was in a pot on my patio. If you go with dried, use 1 teaspoon.
Kosher salt	1 teaspoon	Dinner needs to be savory.
Ground cumin	1/4 teaspoon	Ties together flavors; cumin is welcome in all things smoky and/or charred.
Cooking spray		Keeps turkey from sticking while allowing it to slightly char.
Celery	1/2 cup, diced	Perfumes and lightens up the sauce.
Garlic	24 cloves, halved lengthwise	Prevents the mole from seeming candy-like. This makes the dish irresistibly complex and craveable.
Yellow onion	1 large, thinly vertically sliced	Additional aromatic ingredient; adds some textural contrast.
Light brown sugar	2 tablespoons (optional)	Taste the sauce at the end, and add this only if needed.
Fresh cilantro	1/2 cup, chopped	For a bright, herbal finishing touch.
Radishes	1/2 cup, thinly sliced	For peppery crunch.

Follow These Steps:

- » Combine orange juice, 1/4 cup lime juice, and turkey; refrigerate 30 minutes. Remove turkey from marinade; discard marinade. Pat turkey dry.
- » While turkey marinates, heat a large skillet over medium-high heat. Add chiles; toast 2 to 3 minutes or until lightly charred. Cool slightly. Remove and discard stems; keep seeds.
- » Bring stock to a simmer in a large saucepan over medium heat. Add plantain, chiles, and pecans; simmer 20 minutes or until chiles are very soft.
- » Reduce heat to low. Add chocolate, stirring to prevent scorching. Add oregano, salt, and cumin; simmer 10 minutes.
- » Pour sauce into a blender. Remove center piece of blender lid (to allow steam to escape); secure lid on blender. Place a towel over opening in lid. Blend until smooth.
- » Heat skillet over medium-high heat. Coat pan with cooking spray. Add turkey; cook 10 minutes, browning on all sides.
- » Scatter celery, garlic, and onion in a 6-quart slow cooker. Top with turkey and sauce; cover and cook on LOW for 5 hours or until meat is very tender.
- » Remove turkey. Shred meat; discard bones and skin. Stir meat, remaining lime juice, and sugar, if desired, into sauce. Top with cilantro and radishes.

SERVES 8 (serving size: 1 cup)

CALORIES 390; **FAT** 14.7g (sat 4.5g, mono 5.4g, poly 3.5g); **PROTEIN** 40g; **CARB** 28g; **FIBER** 5g; **CHOL** 133mg; **IRON** 6mg; **SODIUM** 463mg; **CALC** 91mg

CAROLINA[®] BASMATI

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*Hazelnut Crusted Halibut
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CHILI TIME

Our staff of chili fiends delivers **SEVEN INSTANT CLASSICS**, from all-American beef-and-bean and white chicken to Texas-style brisket and vegetarian. Now is the season to simmer a pot and ladle out a bowl of soul for friends and family.

by COOKING LIGHT STAFF / photography by IAIN BAGWELL



TEXAS-STYLE CHILI with BRISKET

Recipe p. 117

THE SECRETS

This iconic Texas chili is a braise with robust layered flavors. Brown beef in batches to create drippings. Sauté aromatics in drippings, and scrape up browned bits. Then braise until tender, and stir in masa harina to thicken.

THE HEAT

Ancho chile (half as hot as jalapeño; chocolaty and fruity) and Tabasco (bright heat with vinegary tang).





COLORADO GREEN CHILI

Recipe p. 113

★ **THE SECRETS**

Colorado style means tender pork bathed in green chile-tomatillo broth, thickened with masa. We add cilantro stems; more potent than the leaves, they can stand up to a long simmer.

THE HEAT

Whole fresh chiles: Cubanelle (sweet and mild), poblano (twice as hot as Cubanelle), and red Fresno (about as hot as jalapeño, with a pop of red).

CINCINNATI CHILI

Recipe p. 117

★ **THE SECRETS**

Warm spices like allspice and cinnamon distinguish Cincy-style chili. Simmering beef in water keeps it supermoist. This version trades the traditional mound of spaghetti for pan-crisped bucatini, a topper that keeps calories and carbs in check.

THE HEAT

Ground red, or cayenne, pepper (intense and fruity). One heat source will do in chili with so many flavors.

FAST CHICKEN CHILI with BUTTERNUT SQUASH



THE SECRETS

Chili doesn't get much faster: Just 30 minutes delivers long-simmered satisfaction. Along with mashed beans, butternut squash lends color and starch to chicken. Cilantro gremolata finishes with bright flavors.

THE HEAT

Jalapeño and crushed red pepper (six times hotter than jalapeño; a little goes a long way).



Fast Chicken Chili with Butternut Squash

Hands-on: 25 min. Total: 30 min.

Rotisserie chicken helps make this hearty chili superspeedy without sacrificing rich, deep, and complex flavor.

3 tablespoons canola oil, divided
2 cups (1/2-inch) cubed peeled butternut squash
2 tablespoons minced garlic, divided
2 cups chopped yellow onion
1 cup chopped red bell pepper
2 tablespoons minced jalapeño pepper
1 teaspoon ground cumin
1 teaspoon dried oregano
1 teaspoon freshly ground black pepper
3/4 teaspoon kosher salt
1/2 teaspoon crushed red pepper
3 cups unsalted chicken stock (such as Swanson)
2 (14.5-ounce) cans unsalted cannellini beans, rinsed, drained, and divided
3 cups shredded skinless, boneless rotisserie chicken breast
3 tablespoons finely chopped cilantro leaves
1 teaspoon grated lime rind

1. Heat a large Dutch oven over medium-high heat. Add 2 tablespoons oil to pan; swirl to coat. Add squash; sauté 8 minutes or until lightly browned on all sides. Remove squash from pan; set aside.
2. Add remaining 1 tablespoon oil to pan. Add 5 teaspoons garlic, onion, and next 7 ingredients (through red pepper) to pan; sauté 6 minutes or until vegetables are tender. Add stock; bring to a boil, scraping pan to loosen browned bits. Reduce heat to medium, and simmer, uncovered, 10 minutes.

3. Place 1 cup beans in a small bowl; mash with a potato masher or a fork. Add mashed beans, remaining 1 cup beans, and reserved squash to pan. Cook 3 minutes. Stir in chicken; cook 2 minutes or until thoroughly heated.
4. Combine remaining 1 teaspoon garlic, cilantro, and lime rind in a small bowl. Top each serving with about 1 teaspoon cilantro mixture.

SERVES 6 (serving size: about 1 1/2 cups)

CALORIES 307; **FAT** 10.5g (sat 1.2g, mono 5.5g, poly 2.4g); **PROTEIN** 30g; **CARB** 25g; **FIBER** 6g; **CHOL** 66mg; **IRON** 2mg; **SODIUM** 592mg; **CALC** 96mg



Colorado Green Chili

Hands-on: 50 min. Total: 2 hr. 30 min.

A panful of char-roasted fresh green peppers gives Colorado chili its distinctive hue. You can sub sweet green bell peppers for Cubanelles if you prefer. Look for masa harina—the traditional thickener in this chili—in the supermarket's international aisle or at Latin markets. Serve with brown rice, if desired.

6 large Cubanelle or green bell peppers (about 1 1/3 pounds)
4 large poblano chiles (about 1 pound)
3 red Fresno chiles
1 tablespoon olive oil, divided
1 (2 1/4-pound) boneless pork shoulder, cut into 3/4-inch pieces
2 cups chopped yellow onion
6 garlic cloves, chopped
1/4 cup chopped fresh cilantro stems
2 teaspoons chili powder
1 1/2 teaspoons dried oregano

1 teaspoon ground cumin
4 cups unsalted chicken stock (such as Swanson)
2 teaspoons brown sugar
1 1/2 teaspoons kosher salt
4 large tomatillos, finely chopped
3 tablespoons masa harina
1/2 cup light sour cream
1/4 cup fresh cilantro leaves

1. Preheat broiler to high.
2. Combine first 3 ingredients on a foil-lined jelly-roll pan; broil 20 minutes or until charred on all sides, turning after 10 minutes. Wrap peppers in foil; let stand 10 minutes. Peel peppers; discard peels, stems, and seeds. Chop peppers; set aside.
3. Heat a large Dutch oven over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Add one-third of pork to pan; sauté 5 minutes or until browned. Remove pork from pan. Repeat procedure twice with remaining 2 teaspoons oil and pork.
4. Reduce heat to medium. Add onion and garlic to pan; cook 5 minutes, stirring occasionally. Add cilantro stems, chili powder, oregano, and cumin; cook 2 minutes, stirring constantly. Stir in stock; bring to a boil, scraping pan to loosen browned bits. Stir in peppers, sugar, salt, and tomatillos. Reduce heat to low, and simmer 1 1/2 hours. Stir in masa harina; cook 20 minutes or until chili thickens and pork is very tender. Serve with sour cream and cilantro.

SERVES 8 (serving size: 1 cup chili, 1 tablespoon sour cream, and 1 1/2 teaspoons cilantro)

CALORIES 310; **FAT** 13g (sat 4.5g, mono 5.9g, poly 1.4g); **PROTEIN** 31g; **CARB** 18g; **FIBER** 3g; **CHOL** 91mg; **IRON** 3mg; **SODIUM** 562mg; **CALC** 88mg



A CHILI POWDER WE
LOVE

NOT HOT but hugely complex and flavorful. The recipe is top secret, but it's said that anchos lend deep fruit and chocolate taste. Appreciate the difference between aged balsamic vinegar and the supermarket stuff? Gebhardt's is that kind of game changer. We order from Mild Bill's, a great source for ground chiles and blended powders. (\$4/3-ounce bottle, mildbills.com)



Garnishes

TOPPING IT OFF

Can't-Believe-It's-Veggie Chili

Hands-on: 35 min. Total: 1 hr. 25 min.

Mushrooms and liquid aminos (soybean concentrate) lend meaty flavor. Top with blistered jalapeños.

2 tablespoons olive oil
2 cups chopped yellow onion
1 cup chopped green bell pepper
½ cup diced celery
½ cup diced peeled carrot
1 tablespoon minced jalapeño pepper
8 ounces cremini mushrooms, finely chopped
4 garlic cloves, minced
3 tablespoons unsalted tomato paste
1½ tablespoons chili powder
2 teaspoons ground cumin
1 teaspoon dried oregano
½ teaspoon smoked paprika
¼ teaspoon ground red pepper
1 (14.5-ounce) can stewed tomatoes, undrained
2 cups water
1 cup lower-sodium vegetable juice
½ cup uncooked wheat berries
1 cup water
1 cup lager beer (such as Budweiser)
2 tablespoons liquid aminos (such as Bragg)
1 (14.5-ounce) can unsalted kidney beans, rinsed and drained
4 ounces sharp cheddar cheese, shredded (about 1 cup)
½ cup diced red onion
¼ cup reduced-fat sour cream

1. Heat a Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add onion and next 6 ingredients (through garlic); sauté 10 minutes or until liquid evaporates and vegetables



Chili toppers let everyone at the table get creative. Because more options are better, offer a toppings bar: sour cream, onions, cheese, avocado, diced tomato, and sliced jalapeños are standard. Take it further with yogurt, corn bread croutons, corn nuts, charred whole chiles, corn chips, sliced radishes, and spicy olives.

begin to brown. Add tomato paste and next 5 ingredients (through red pepper); cook 3 minutes, stirring constantly. Using kitchen scissors, cut tomatoes in the can into bite-sized pieces. Add 2 cups water, vegetable juice, and tomatoes to pan; bring to a boil, scraping pan to loosen browned bits. Reduce heat; simmer 30 minutes.

2. Combine wheat berries and 1 cup water in a small saucepan. Bring to a boil; reduce heat, and simmer 15 minutes or until liquid is absorbed. Add wheat berries, beer, aminos, and beans to chili; cook 20 minutes. Serve with cheese, red onion, and sour cream.

SERVES 6 (serving size: about 1¼ cups chili, 2½ tablespoons cheese, 4 teaspoons onion, and 2½ teaspoons sour cream)

CALORIES 312; FAT 12.5g (sat 5.6g, mono 3.3g, poly 0.7g); **PROTEIN** 13g; **CARB** 38g; **FIBER** 9g; **CHOL** 22mg; **IRON** 2mg; **SODIUM** 610mg; **CALC** 240mg

White Chili with Avocado Cream

Hands-on: 30 min. Total: 1 hr. 10 min.

1 serrano chile
1 jalapeño pepper
1 medium onion, peeled and halved
Cooking spray
4 cups unsalted chicken stock, divided
2 tablespoons all-purpose flour
½ teaspoons adobo sauce
1 chipotle chile, canned in adobo sauce
2 (15-ounce) cans unsalted cannellini beans, rinsed, drained, and divided
5½ teaspoons olive oil
8 garlic cloves, minced
1 tablespoon ground cumin
1 teaspoon dried oregano
¾ teaspoon ground coriander
1 pound ground pork
2 pounds skinless, boneless chicken breasts, cut into bite-sized pieces

3 cups fresh white corn kernels

1 (15-ounce) can unsalted chickpeas (garbanzo beans), rinsed and drained

1 cup half-and-half

¾ cup chopped fresh cilantro, divided

⅓ cup plus 1½ teaspoons fresh lime juice, divided

2¾ teaspoons kosher salt, divided

1 medium ripe peeled avocado

⅓ cup light sour cream

¾ cup diced tomatillo

1. Preheat broiler to high.

2. Arrange first 3 ingredients on a foil-lined baking sheet. Coat with cooking spray. Place pan on middle oven rack; broil 15 minutes or until charred on all sides, turning occasionally. Wrap peppers in foil; let stand 5 minutes. Peel peppers; discard peels, stems, and seeds. Combine peppers, onion, ½ cup stock, flour, adobo sauce, chipotle, and 1 can cannellini beans in a blender; process until smooth.

3. Heat a large Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add garlic to pan; sauté 30 seconds. Add cumin, oregano, and coriander to pan; sauté 30 seconds. Add pork; cook 4 minutes, stirring to crumble. Stir in onion mixture and remaining 3½ cups stock. Bring to a boil; reduce heat, and simmer 20 minutes, stirring frequently.

4. Add chicken to pan; cook 5 minutes. Stir in remaining can of cannellini beans, corn, and chickpeas; cook 7 minutes. Reduce heat to medium-low. Stir in half-and-half, ½ cup cilantro, and ⅓ cup juice; cook 3 minutes. Stir in 2¼ teaspoons salt.

5. Place avocado in a small bowl; mash with the back of a fork. Stir in sour cream, remaining 1½ teaspoons juice, and remaining ⅛ teaspoon salt. Serve chili with remaining ¼ cup cilantro, avocado cream, and tomatillo.

SERVES 12 (serving size: about 1 cup chili, 1 teaspoon cilantro, about 1 tablespoon avocado cream, and 1 tablespoon tomatillo)

CALORIES 380; FAT 18.6g (sat 6g, mono 8.3g, poly 1.9g); **PROTEIN** 30g; **CARB** 24g; **FIBER** 6g; **CHOL** 85mg; **IRON** 2mg; **SODIUM** 592mg; **CALC** 86mg



CAN'T-BELIEVE-IT'S-VEGGIE CHILI

THE SECRETS

The best vegetarian chilies use ingredients with meaty texture and flavor. Here, nutty wheat berry grains provide chew, while mushrooms and liquid aminos (soy protein concentrate) boost umami.

THE HEAT

A little minced jalapeño, unseeded to deliver the pepper's full flame. Ground red pepper adds intensity.



Staff
Fave



WHITE CHILI with AVOCADO CREAM

THE SECRETS

Oven-roasting fresh chile peppers builds complexity. A combination of diced chicken and ground pork amps up meaty flavor. Half-and-half and creamy avocado topping make the broth velvety.

THE HEAT

Jalapeño, serrano (about four times hotter than jalapeño), and chipotle in adobo (smoked jalapeños in ground-chile sauce).



CLASSIC BEEF and TWO-BEAN CHILI

THE SECRETS

This riff on all-American ground beef chili uses dried chiles pureed with chicken stock instead of chili powder. Tangy-smoky achioite paste lends incredible depth. Two cans of beans puree with the chiles to give body.

THE HEAT

Dried whole chiles: chile de arbol (about seven times hotter than jalapeño), pasilla (milder than jalapeño), and guajillo (smoky).

Staff
Fave

Classic Beef and Two-Bean Chili

Hands-on: 45 min. Total: 2 hr. 15 min.

Simmering the chili in the oven rather than on the stovetop prevents scorching at the bottom of the pan. Find achioite paste and dried whole chiles at Latin markets. Ask your butcher for chili-grind beef, which is more coarsely ground and requires the 1/2-inch plate on the grinder.

- 3 cups unsalted chicken stock (such as Swanson)
- 2 tablespoons achioite paste
- 2 dried chiles de arbol, stemmed and seeded
- 1 dried pasilla chile, stemmed and seeded
- 1 dried guajillo chile, stemmed and seeded
- 2 (15-ounce) cans red kidney beans, rinsed, drained, and divided

- 2 (15-ounce) cans small red beans, rinsed, drained, and divided
- 1 tablespoon canola oil, divided
- 1 1/2 pounds chili-grind beef sirloin, divided
- 1 1/2 cups chopped yellow onion
- 1 1/2 cups chopped red bell pepper
- 1 tablespoon ground cumin
- 1 tablespoon brown sugar
- 1 1/4 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 6 garlic cloves, chopped
- 1 (12-ounce) bottle Negra Modelo or Beck's Dark beer
- 1 (28-ounce) can whole peeled tomatoes, undrained

1. Combine first 5 ingredients in a medium saucepan; bring to a simmer over medium heat. Stir well to dissolve achioite paste. Cover pan, and remove from heat; let stand 30 minutes.

Combine stock mixture, 1 can kidney beans, and 1 can small red beans in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Set aside.

2. Preheat oven to 325°.

3. Heat a large Dutch oven over high heat. Add 1 1/2 teaspoons oil to pan; swirl to coat. Add half of beef; cook 4 minutes or until very well browned, stirring occasionally. Remove beef from pan. Repeat procedure with remaining 1 1/2 teaspoons oil and beef.

Reduce heat to medium-high. Add onion, bell pepper, cumin, sugar, salt, black pepper, and garlic; sauté 4 minutes or until vegetables are tender.

4. Add beer to pan; cook 5 minutes or until liquid is reduced by half. Add tomatoes; crush well with side of a spoon or tongs. Add beef. Stir in stock mixture, remaining 1 can kidney beans, and remaining 1 can small red beans. Cover loosely to allow steam to escape; bake at 325° for 90 minutes.

SERVES 8 (serving size: about 1 1/3 cups)

CALORIES 352; **FAT** 11.3g (sat 3.7g, mono 4.9g, poly 1.2g); **PROTEIN** 30g; **CARB** 34g; **FIBER** 14g; **CHOL** 55mg; **IRON** 6mg; **SODIUM** 640mg; **CALC** 112mg



Texas-Style Chili with Brisket

Hands-on: 40 min. Total: 2 hr. 45 min.

Texas chili is purely beef-driven: no beans allowed. This version boasts smoky, complex, deep flavor from a mix of dried chiles and chili powders, while corn flour gives it extra body.

3 pounds flat-cut beef brisket, trimmed and cut into 1-inch cubes
1 pound beef stew meat
2 teaspoons freshly ground black pepper, divided
1 3/4 teaspoons kosher salt, divided
5 teaspoons canola oil, divided
4 cups chopped yellow onion
2 tablespoons dried oregano
1 1/2 tablespoons paprika
1 tablespoon chili powder
1 tablespoon ancho chile powder
1 tablespoon ground cumin
6 garlic cloves, finely chopped
2 dried bay leaves
1 dried ancho chile, seeded
1 (6-ounce) can unsalted tomato paste
4 1/2 cups water, divided
1 (12-ounce) lager beer (such as Shiner)

5 tablespoons masa harina

2 teaspoons hot sauce (such as Tabasco)

1/2 cup chopped green onions

1. Sprinkle beef with 1 teaspoon pepper and 1 teaspoon salt. Heat a large Dutch oven over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Add one-quarter of beef to pan; sauté 3 minutes or until well browned on all sides. Remove beef from pan. Repeat procedure 3 times with 3 teaspoons oil and remaining beef.

2. Add remaining 1 teaspoon oil to pan; swirl to coat. Add onion and next 8 ingredients (through dried chile); sauté 3 minutes. Stir in remaining 1 teaspoon black pepper, remaining 3/4 teaspoon salt, and tomato paste; cook 1 minute, stirring constantly. Stir in 4 cups water and beer; bring to a simmer. Reduce heat to medium-low, cover, and cook 2 hours or until beef is very tender. Combine remaining 1/2 cup water and masa in a small bowl, stirring with a whisk until smooth. Add masa mixture and hot sauce to pan; cook 3 minutes or until slightly thickened. Discard dried ancho chile and bay leaves. Sprinkle with green onions.

SERVES 10 (serving size: about 1 cup)

CALORIES 347; **FAT** 13.4g (sat 3.9g, mono 6.7g, poly 1.4g); **PROTEIN** 41g; **CARB** 17g; **FIBER** 4g; **CHOL** 119mg; **IRON** 6mg; **SODIUM** 569mg; **CALC** 74mg



Cincinnati Chili

Hands-on: 40 min. Total: 2 hr. 40 min.

We add a little ground chuck to the beef mixture for extra richness.

2 cups water
14 ounces 90% lean ground sirloin
6 ounces 80% lean ground chuck
1 1/2 cups finely chopped sweet onion
2 teaspoons cider vinegar, divided
1 1/2 teaspoons Worcestershire sauce
1 1/2 tablespoons smoked sweet paprika
1 1/2 teaspoons ground cumin
1 1/2 teaspoons ground cinnamon
1 1/2 teaspoons ground allspice

1 1/4 teaspoons kosher salt

1/2 teaspoon ground red pepper

1/2 ounce bittersweet chocolate, finely chopped

3 garlic cloves, crushed

1 (15-ounce) can unsalted tomato sauce (such as Muir Glen)

1 (15-ounce) can unsalted kidney beans, rinsed and drained

1 cup cooked bucatini pasta or spaghetti (about 2 ounces uncooked)

1/4 cup water

1/2 teaspoon canola oil

3 ounces reduced-fat cheddar cheese, finely shredded (about 3/4 cup)

3/4 cup finely chopped white onion

1. Bring 2 cups water to a boil in a large Dutch oven. Reduce heat to a simmer. Add beef, stirring to crumble. Stir in sweet onion, 1 teaspoon vinegar, Worcestershire sauce, and next 9 ingredients (through tomato sauce). Return to a simmer. Partially cover, and cook 2 hours, stirring occasionally. Stir in kidney beans; cook 5 minutes. Remove from heat; stir in remaining 1 teaspoon vinegar.

2. Combine cooked pasta, 1/4 cup water, and oil in a large nonstick skillet over medium-high heat. Cook until water evaporates and pasta is lightly browned, stirring occasionally (about 12 minutes). Coarsely chop noodles. Serve chili with pasta, cheese, and white onion.

SERVES 6 (serving size: about 1 1/4 cups chili, 2 tablespoons noodles, 2 tablespoons cheese, and 2 tablespoons onion)

CALORIES 352; **FAT** 15.2g (sat 6.2g, mono 5.8g, poly 0.8g); **PROTEIN** 27g; **CARB** 27g; **FIBER** 7g; **CHOL** 66mg; **IRON** 4mg; **SODIUM** 581mg; **CALC** 133mg





INDIAN VEGETABLE COOKING

Chef Suvir Saran spices up your cooking life
with classic Indian techniques that yield seductively
fragrant, boldly flavored veggie dishes.

RECIPES BY SUVIR SARAN
PHOTOGRAPHY BY IAIN BAGWELL

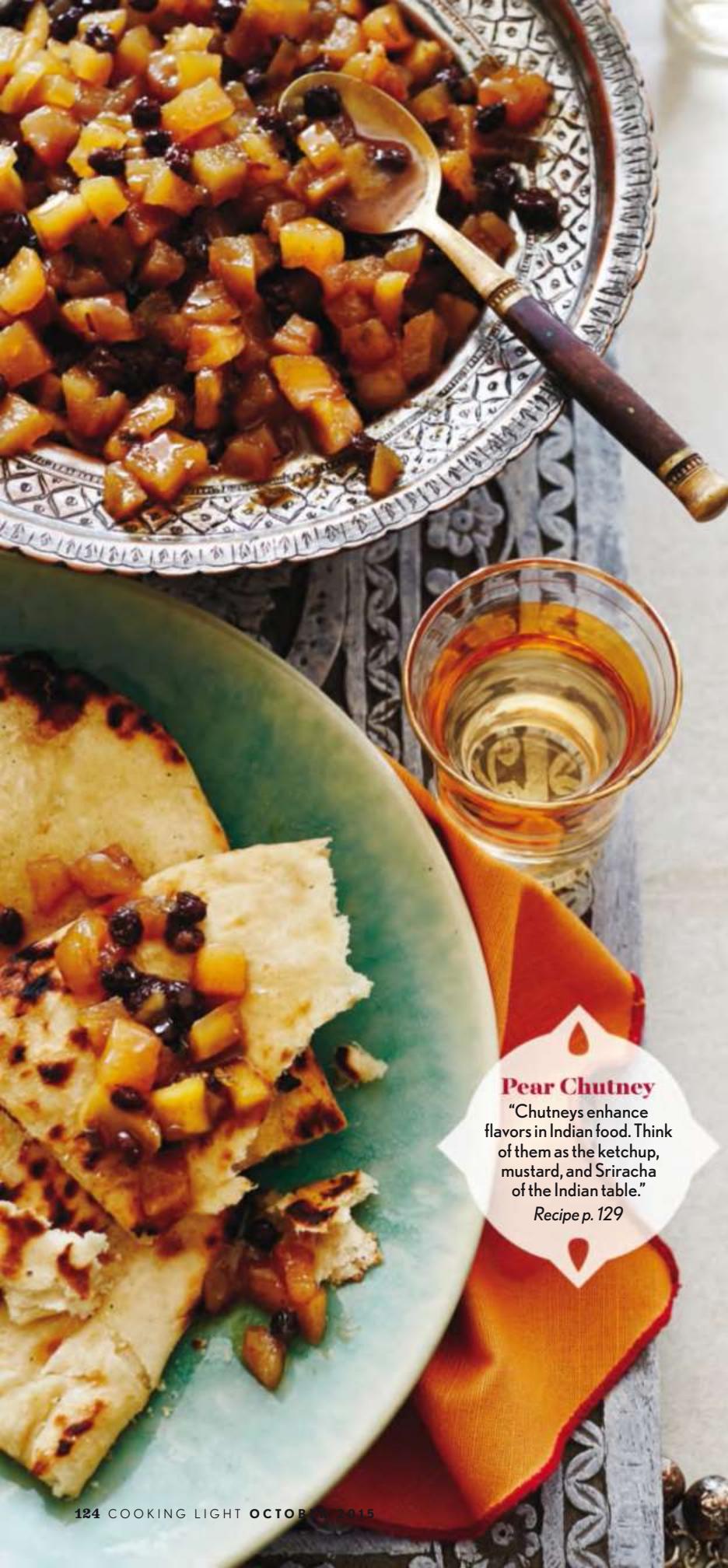




Tofu Saag

"Restaurant chefs these days put cream and other goop in saag. For Indians of my generation, that's unacceptable: The smooth spinach puree is where the creaminess comes from on your palate."

Recipe p. 129



Pear Chutney

"Chutneys enhance flavors in Indian food. Think of them as the ketchup, mustard, and Sriracha of the Indian table."

Recipe p. 129



CHEF AND COOKBOOK AUTHOR

SUVIR SARAN, one of America's foremost experts on Indian home cooking, grew up in New Delhi. "It's the capital city and the capital of taste," he says of the place that shaped his eclectic approach to cooking. "It's a culinary crossroads: You get a mosaic of flavors from all over India there."

The cuisine is multifaceted in part because it's meant for more than just nourishment. "It's a social act that binds communities together. To make that happen, you need a plethora of flavors and textures in the dishes, offering something to indulge the senses of everyone at the table."

Contrasts are a paramount concern. Cooks strive for a mix of crunchy, creamy, and tender textures; hot and cool temperatures; a vibrant spectrum of color; and flavor notes that span octaves from spicy to sour and salty to sweet—for example, the riot of color in Saran's Indian Chopped Salad and his verdant and creamy Tofu Saag.

The spice rack plays a crucial role (see Indian Pantry Essentials, page 128). "The maximum impact comes from spices you use," he says. The process begins with "blooming": Toast spices with a little fat in a skillet, releasing essential oils and magnifying flavor and aroma. While the method is simple, it delivers incredibly complex aromas and intense flavors that linger on the palate, turning humble and familiar veggies—cauliflower, cabbage, potato, and kale—into exotic and unforgettable dishes.

—TIM CEBULA

This story is the second in our global vegetable series. Each installment is guided by an expert in the featured country's cuisine.



Tahiree Vegetable and Rice Casserole

"Toast the rice, as you would in risotto, to draw out fragrance and add nuttiness. Add garam masala toward the end so it doesn't get bitter."

Recipe p. 130



Indian Chopped Salad

"Fresh Indian salads don't use oil—there's plenty in the cooked dishes. The salads are meant to be fresh, clean, and a little astringent."

Recipe p. 129

Stir-Fried Cabbage with Red Pepper and Peas

"Chiles de arbol give bright, clean flavor and just the right amount of heat. It's the chile used in Indian cooking."

Recipe p. 130



Grape Raita

"The tempering oil and its bloomed mustard and fennel seeds add flavor and texture."

Recipe p. 130



Indian Pantry Essentials



1. Cumin Seed Woodsy, earthy flavor. Often used in Indian cooking to balance the bright citrus notes of coriander or as a finishing spice in yogurt-based dishes like raita.

2. Garam Masala A complex toasted spice blend that can include cinnamon, nutmeg, cloves, peppercorns, and cardamom.

3. Fennel Seed Distinct anise flavor. Used whole and ground but sparingly because of its intensity. Popular in northern Indian cuisine.

4. Asafoetida Root resin of the carrot-like plant asafoetida (often sold powdered) is extremely pungent when raw. But heated in oil, it releases tantalizing allium aroma and flavor.

5. Ground Turmeric Lends distinctive yellow color to dishes. Added sparingly at the beginning of the cooking process to mellow its pungent, earthy astringency.

6. Black Mustard Seed Nutty and pungent. Used for both flavor and texture. More popular in southern Indian dishes.

7. Chiles de Arbol Bloomed in hot oil to toast and develop smokiness. Used whole or crumbled to release their seeds and full heat. Roughly as spicy as cayenne pepper.

8. Cloves Very strong flavored and intense; a little goes a long way. Warm, sweet, numbingly evergreen.

9. Curry Leaves Sold fresh or frozen. Prized in south Indian cooking, they release citrusy, woods, sweet, and slightly bitter taste.

10. Coriander Seed Citrusy and bright, with faint licorice taste. Used whole in rice dishes and ground in sauces. Often paired with cumin for flavor balance.

11. Cardamom Pod Floral and perfumy, with notes of eucalyptus and citrus. Used whole or ground in Indian cuisine for both savory and sweet dishes.



PEAR CHUTNEY

Hands-on: 20 min. Total: 44 min.

Serve with naan, popadam, or lentil crisps, or pair with Manchego cheese. Keep refrigerated in an airtight container for up to two weeks.

1 tablespoon minced serrano chile
 1 tablespoon canola oil
 1 teaspoon coriander seeds, coarsely ground
 1 teaspoon ground ginger
 $\frac{1}{2}$ teaspoon asafetida (optional)
 $\frac{1}{2}$ teaspoon ground red pepper
 $\frac{1}{4}$ teaspoon ground cumin
 $\frac{1}{4}$ teaspoon ground cloves
 $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ cup cider vinegar
 $\frac{1}{2}$ cup Zante currants
 2 tablespoons grated lemon rind
 2 pounds slightly firm pears, peeled, cored, and cut into $\frac{1}{2}$ -inch cubes

1. Combine first 8 ingredients in a medium saucepan over medium-high heat. Cook 1 minute or until fragrant, stirring frequently. Add remaining ingredients; bring to a boil. Reduce heat to medium-low; cook, uncovered, 35 minutes or until thickened, stirring occasionally. Cool completely.

SERVES 16 (serving size: 3 tablespoons)

CALORIES 93; **FAT** 1g (sat 0.1g, mono 0.6g, poly 0.3g); **PROTEIN** 0g; **CARB** 22g; **FIBER** 2g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 1mg; **CALC** 11mg



TOFU SAAG

Hands-on: 50 min. Total: 50 min.

STAFF FAVE Saran's eye-opening technique here is to pat the tofu dry very briefly, rather than for 20 or 30 minutes. This keeps it moist and creamy inside, and the outside still gets browned. Look for ghee—clarified, toasted butter—at Indian or Asian markets.

21 ounces firm water-packed tofu, cut into 1-inch squares
 2 tablespoons canola oil, divided
 10 ounces baby spinach, stemmed
 10 ounces baby kale, stemmed
 1 teaspoon cumin seeds
 1 teaspoon fennel seeds
 8 green cardamom pods
 6 whole cloves
 3 dried red chiles de arbol
 2 tablespoons minced fresh ginger
 $\frac{1}{4}$ teaspoon asafetida (optional)
 $\frac{3}{4}$ teaspoon kosher salt
 $\frac{1}{2}$ tablespoons ghee or canola oil
 $\frac{3}{4}$ teaspoon cumin seeds
 $\frac{1}{2}$ teaspoon fennel seeds
 3 dried red chiles de arbol
 $\frac{1}{8}$ teaspoon asafetida (optional)
 $\frac{1}{8}$ teaspoon ground red pepper
 1 teaspoon water

1. Briefly pat tofu dry with paper towels (about 5 seconds). Heat 1 $\frac{1}{2}$ teaspoons oil in a large nonstick skillet over medium-high heat. Add half of tofu to pan; cook 4 minutes or until golden, turning once. Drain tofu on paper towels. Repeat procedure with 1 $\frac{1}{2}$ teaspoons oil and remaining tofu.

2. Bring 2 inches of water to a boil in a large Dutch oven. Add baby spinach and baby kale; cover and cook 4 minutes or until wilted, stirring occasionally. Drain well, reserving cooking liquid. Place spinach mixture in a blender or food processor; blend until very smooth, adding a tablespoon or two of the cooking liquid if needed.

3. Combine remaining 1 tablespoon oil, 1 teaspoon cumin seeds, and next 4 ingredients (through 3 chiles) in a large skillet over medium-high heat; cook 2 minutes or until cumin turns golden brown, stirring frequently.

4. Stir in ginger and $\frac{1}{4}$ teaspoon asafetida, if desired; cook 30 seconds, stirring constantly. Remove cloves and cardamom pods with a slotted spoon; discard. Stir in spinach mixture; swirl $\frac{1}{4}$ cup cooking liquid in blender to

extract puree clinging to the sides, and add to pan. Stir in salt. Reduce heat to medium; cook 5 minutes.

5. Place tofu on top of spinach mixture; cover and cook 5 minutes. **6.** Combine ghee or oil with $\frac{3}{4}$ teaspoon cumin seeds, $\frac{1}{2}$ teaspoon fennel seeds, and 3 chiles in a small skillet over medium-high heat; cook 2 minutes or until seeds turn golden brown, stirring frequently. Add $\frac{1}{8}$ teaspoon asafetida, if desired, and ground red pepper. Carefully add 1 teaspoon water to keep ground red pepper from burning, and immediately pour oil mixture into spinach mixture. Stir.

SERVES 6 (serving size: about $\frac{1}{2}$ cup saag and 3 $\frac{1}{2}$ ounces tofu)

CALORIES 210; **FAT** 13.7g (sat 3.3g, mono 8g, poly 1.5g); **PROTEIN** 12g; **CARB** 13g; **FIBER** 4g; **CHOL** 10mg; **IRON** 4mg; **SODIUM** 337mg; **CALC** 298mg



INDIAN CHOPPED SALAD

Hands-on: 25 min. Total: 25 min.

1 cup quartered radishes
 1 cup finely chopped red onion
 $\frac{1}{2}$ cup chopped fresh cilantro
 4 to 5 tablespoons fresh lime juice
 $\frac{1}{4}$ cup chopped fresh mint
 1 teaspoon roasted ground cumin
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon ground red pepper
 $\frac{1}{4}$ teaspoon cracked black peppercorns
 2 large ripe tomatoes, chopped
 3 Persian cucumbers, halved lengthwise and cut crosswise into $\frac{1}{4}$ -inch slices
 1 Honeycrisp apple, cored and finely chopped (about 1 $\frac{1}{2}$ cups)
 1 serrano chile, finely diced (about 1 tablespoon)

1. Combine all ingredients in a large bowl; toss well. Taste for seasoning, adding more lime juice if needed.

SERVES 6 (serving size: 1 $\frac{1}{3}$ cups)
CALORIES 40; **FAT** 0.3g (sat 0g, mono 0.2g, poly 0.1g); **PROTEIN** 1g; **CARB** 9g; **FIBER** 2g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 172mg; **CALC** 32mg



TAHIREE VEGETABLE AND RICE CASSEROLE

Hands-on: 15 min. Total: 55 min.

This ancient dish traces its roots to India's Kayastha community, who developed it as a unique variation of biryani. In tahiree, rice and other elements cook together, while biryani rice is cooked separately and then layered with meat and vegetables. Saran uses Royal Chef's Secret basmati—available at Asian markets—because it has the longest grain. He fluffs gently with a carving fork to keep grains intact.

1/4 cup canola oil
 2 teaspoons cumin seeds
 1/2 teaspoon whole peppercorns
 1/2 teaspoon cracked peppercorns
 1/2 teaspoon coriander seeds
 9 cardamom pods
 6 whole cloves
 3 bay leaves
 3 dried red chiles de arbol
 1 large onion, halved and thinly sliced
 2 teaspoons kosher salt, divided
 1 1/4 pounds cauliflower florets (about 1/2 large head)
 2 large red potatoes, cut into 1-inch cubes
 1 (12-ounce) sweet potato, cut into 1/2-inch cubes
 1 teaspoon ground turmeric
 2 cups basmati rice
 1 cup frozen petite green peas
 4 cups water
 1 teaspoon roasted ground cumin
 1/2 teaspoon garam masala

1. Combine first 9 ingredients in a large Dutch oven over medium-high heat; cook, stirring frequently, about 2 1/2 minutes or until cumin browns. Add onion and 1 teaspoon salt; sauté 2 minutes. Stir in cauliflower, potatoes, and turmeric; reduce heat to medium, and cook 1 minute. Add rice; cook 1 minute, stirring occasionally. Stir in

peas and 4 cups water. Bring to a boil; reduce heat to low. Stir in ground cumin, garam masala, and remaining 1 teaspoon salt; cover and cook 20 minutes. Turn off heat; let stand 5 minutes. Fluff and serve immediately.

SERVES 16 (serving size: 1 cup)

CALORIES 172; **FAT** 3.8g (sat 0.3g, mono 2.2g, poly 1g); **PROTEIN** 4g; **CARB** 31g; **FIBER** 3g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 279mg; **CALC** 32mg



STIR-FRIED CABBAGE WITH RED PEPPER AND PEAS

Hands-on: 10 min. Total: 10 min.

This quick, simple stir-fry elevates humble cabbage to a starring role and makes an extremely hearty and satisfying vegetarian dish. Coconut and curry leaves make it a more southern Indian dish; northern Indian cooks would also cook the cabbage much longer, until it's soft and slightly caramelized.

3 tablespoons canola oil
 1 tablespoon flaked unsweetened coconut
 1 1/2 teaspoons cumin seeds
 1 teaspoon black mustard seeds
 1 teaspoon ground turmeric
 24 fresh or frozen curry leaves
 3 dried red chiles de arbol
 1 cup frozen petite green peas
 3 red and orange bell peppers, seeded and finely chopped
 1 (3 1/2-pound) head green cabbage, cored and finely chopped
 1 cup coarsely chopped cilantro
 3/4 teaspoon kosher salt

1. Combine first 7 ingredients in a large skillet over medium-high heat; cook, stirring occasionally, 3 minutes or until chiles brown. Stir in peas, bell peppers, and cabbage; sauté 5 minutes or until cabbage is crisp-tender. Stir in cilantro and salt.

SERVES 6 (serving size: about 1 1/3 cups)

CALORIES 169; **FAT** 8.3g (sat 11g, mono 4.5g, poly 2g); **PROTEIN** 5g; **CARB** 21g; **FIBER** 9g; **CHOL** 0mg; **IRON** 2mg; **SODIUM** 310mg; **CALC** 109mg



GRAPE RAITA

Hands-on: 15 min. Total: 1 hr. 15 min.

This cooling condiment pairs well with any spicy dish, like Stir-Fried Cabbage with Red Pepper and Peas or Tofu Saag. Fragrant tempering oil stirred in at the end gives a huge flavor boost. Look for curry leaves at Asian markets, or omit if unavailable. Add leaves to pan with care—they cause hot oil to splatter. Adding the salt just before serving helps keep the grapes from releasing too much liquid.

2 cups plain 2% reduced-fat Greek yogurt
 1/2 cup 1% low-fat milk
 1 1/2 cups seedless red grapes, halved
 2 teaspoons roasted ground cumin
 1 teaspoon sugar
 1/4 teaspoon ground red pepper
 3 tablespoons canola oil
 2 teaspoons black or brown mustard seeds or cumin seeds
 1 teaspoon fennel seeds
 6 fresh or frozen curry leaves, torn into pieces (optional)
 1/4 teaspoon kosher salt

1. Combine yogurt and milk in a medium bowl, stirring well with a whisk until smooth.

2. Stir in grapes, cumin, sugar, and pepper. Combine oil and mustard seeds or cumin seeds in a small skillet over medium-high heat; cook until cumin darkens or mustard seeds crackle (1 to 2 minutes), stirring frequently. (Cover pan if using mustard seeds.) Add fennel seeds and curry leaves, if desired; cook, uncovered, 10 more seconds, stirring. Pour oil mixture over yogurt mixture; chill completely (about 1 hour). Stir in salt before serving.

SERVES 6 (serving size: 2/3 cup)

CALORIES 156; **FAT** 9.1g (sat 1.7g, mono 4.6g, poly 2g); **PROTEIN** 8g; **CARB** 12g; **FIBER** 1g; **CHOL** 6mg; **IRON** 1mg; **SODIUM** 118mg; **CALC** 94mg





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IN THE PAN

meat-and-potato
flavor hacks.

Elevate a humble mess to a modern and healthy
technique and healthy flavor hacks.
Recipes by ROBIN BASHINSKY
Photography by JENNIFER CAUSEY



H

ash may not have the sex appeal of eggs Benedict or the elegance of an omelet, but done right—piled high in a hot skillet, studded with crispy potatoes, and strewn with marbled meat—it is truly a thing of beauty. Indeed, born of equal parts frugality and ingenuity, the dish has been a quintessentially American comfort food for generations, going back to the days when “hash houses” were the original fast-food joints, gathering places for penny-pinching families and weary laborers alike.

Part of hash’s mass appeal is its utter adaptability: Have some sliced steak on hand? A cold leg of chicken? Maybe a few flakes of smoked trout? Just trim and dice yesterday’s supper with onion and potatoes, and perhaps some carrot or pepper to boost color, and prod them into a sizzling pan. But be warned: Once you develop a hash habit, you may find yourself dreaming of leftovers more than dinner itself.

And why not? The magic of many greasy-spoon staples fizzles when replicated at home—but happily, hash isn’t one of them. Hash embraces the amateur, a warm welcome to a day that’s forgiving, filling, and as simple as it is simply delicious.

—SARAH KARNAKIEWICZ



The Master Hash
Recipe p. 134



MASTER THE MASTER HASH

KEEP IT TIGHT

We bind our hash with a sauce made from pureed roasted garlic, cream, and dried potato flakes. This serves both to tie the hash together and to encase all the elements in deep, toasty, savory flavor.

VEG OUT

Hash isn't an inherently pretty dish, but we've boosted vibrancy and nutrition by adding bright bell peppers and carrots. For best presentation, cook these vegetables separately from your other elements, and bring everything together at the end.

GET CRISPY

We opt for roasting as a pre-cook method for the potatoes to avoid incorporating water, as steaming or boiling would. This helps the spuds to brown and crisp well in the pan.

BASE RECIPE: START HERE

THE MASTER HASH

Hands-on: 1 hr. 30 min.
Total: 1 hr. 45 min.

Here we explain how to prepare every element of a successful hash to show how each component plays a distinct role in the final dish.

2 whole garlic heads
6 tablespoons canola oil, divided
 $\frac{3}{4}$ cup plus 2 tablespoons half-and-half, divided
3 tablespoons instant potato flakes (such as Hungry Jack)
 $1\frac{1}{2}$ pounds Yukon gold potatoes, cut into $\frac{1}{2}$ -inch cubes
Cooking spray

1 cup chopped red bell pepper
 $\frac{1}{2}$ cup finely diced carrot
 $1\frac{1}{2}$ tablespoons chopped fresh thyme
 $1\frac{1}{2}$ teaspoons kosher salt, divided
2 cups vertically sliced onion

6 ounces cooked steak (such as New York strip or flank steak), cubed
 $\frac{1}{4}$ cup chopped fresh flat-leaf parsley, divided
 $\frac{1}{2}$ teaspoon freshly ground black pepper, divided
 $\frac{1}{4}$ cup white vinegar (optional)
6 large eggs (optional)

1. Preheat oven to 325°.
2. Cut off top $\frac{1}{4}$ inch of garlic heads to expose cloves. Place garlic, cut side up, on a piece of foil. Drizzle with 1 tablespoon oil. Wrap garlic heads tightly in foil. Roast at 325° for 1 hour and 15 minutes or until very soft; cool slightly. Squeeze pulp from roasted garlic into a small saucepan; discard papery skins. Add $\frac{3}{4}$ cup half-and-half to pan. Bring just to a boil, stirring to mash garlic; remove from heat. Add potato flakes, stirring with a whisk.
3. Arrange potatoes on a foil-lined rimmed baking sheet coated with cooking spray; coat potatoes with

cooking spray. Roast at 325° for 45 minutes or until thoroughly cooked, stirring every 15 minutes; set aside.

4. Heat a large skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add bell pepper, carrot, thyme, and $\frac{1}{4}$ teaspoon salt to pan; cook 2 minutes, stirring frequently. Reduce heat to medium-low; cook 12 minutes or until soft. Remove mixture from pan; set aside.
5. Wipe pan with paper towels; return to medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add onion and $\frac{1}{4}$ teaspoon salt. Cook 3 minutes, stirring frequently. Reduce heat to medium-low. Cook 15 minutes or until caramelized and soft, stirring occasionally. Set aside.
6. Heat a large cast-iron skillet over medium-high heat. Add remaining 3 tablespoons oil to pan. Add potatoes; cook 4 minutes or until golden brown. Stir in

bell pepper mixture, onion, steak, and $\frac{3}{4}$ teaspoon salt.

Cook 1 minute or until thoroughly heated. Stir in garlic cream mixture, 2 tablespoons parsley, and $\frac{1}{4}$ teaspoon pepper; remove pan from heat.

7. (Optional) Add water to a saucepan, filling two-thirds full; bring to a boil. Reduce heat; stir in vinegar. Break each egg into a custard cup. Gently pour eggs into pan; cook 3 minutes. Remove with a slotted spoon; place on a paper towel-lined plate.

8. Stir remaining 2 tablespoons half-and-half into hash to loosen. Divide hash among 6 plates. Top each serving with 1 egg, if desired; sprinkle evenly with remaining $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Garnish with remaining 2 tablespoons parsley.

SERVES 6 (serving size: about $\frac{3}{4}$ cup hash and 1 poached egg)

CALORIES 442; **FAT** 25.4g (sat 6.1g, mono 11.6g, poly 5.1g); **PROTEIN** 20g; **CARB** 35g; **FIBER** 4g; **CHOL** 222mg; **IRON** 3mg; **SODIUM** 603mg; **CALC** 128mg



VARIATIONS

1

LEMONY SMOKED TROUT HASH

Hands-on: 1 hr. 30 min.

Total: 1 hr. 45 min.

This lemony, lush take on the classic would be equally delightful and bright with smoked salmon.

1/4 cup canola oil, divided
2 cups diced zucchini
1/2 cup finely chopped fennel bulb
1 cup thinly vertically sliced red onion, divided
1 tablespoon chopped fresh thyme
3 tablespoons rinsed capers, divided
2 teaspoons grated lemon rind
3/8 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
3 cups roasted potatoes from Master Hash recipe
1 cup roasted garlic cream from Master Hash recipe
2 tablespoons half-and-half
8 ounces smoked trout
2 tablespoons chopped fresh chives
6 lemon wedges

1. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add zucchini, fennel, and half of onions; cook 3 minutes or until tender. Stir in thyme, 2 tablespoons capers, rind, salt, and pepper.

2. Heat remaining 3 tablespoons oil in a large cast-iron skillet over medium-high heat. Add roasted potatoes; cook 4 minutes or until golden brown. Stir in zucchini mixture and roasted garlic cream. Cook 1 minute.

3. Stir in half-and-half to loosen hash. Divide hash among 6 plates. Top each serving with 1 1/3 ounces trout. Sprinkle evenly with remaining onion, remaining 1 tablespoon capers, and chives. Serve with lemon wedges.

SERVES 6 (serving size: about 3/4 cup hash and 1 1/3 ounces smoked trout)
CALORIES 335; **FAT** 19.3g (sat 4.4g, mono 8.6g, poly 3.5g); **PROTEIN** 13g; **CARB** 28g; **FIBER** 4g; **CHOL** 23mg; **IRON** 1mg; **SODIUM** 665mg; **CALC** 72mg



Chicken
& Veggie
Hash

Recipe p. 136

If you own a Lennox, Aire-Flo, Armstrong Air, AirEase, Concord, or Ducane brand residential air conditioning or heat pump system, you could get benefits from a class action settlement.

A Settlement has been reached with Lennox Industries Inc. ("Lennox") in a class action lawsuit about whether it manufactured and sold defective evaporator coils. An evaporator coil is a part of an air conditioning system or heat pump system in the cooling mode. Lennox denies all of the claims in the lawsuit, but has agreed to the Settlement to avoid the cost and risk of further litigation.

Who's included? U.S. residents who, between October 29, 2007 and July 9, 2015, purchased at least one new uncoated copper tube Lennox, Aire-Flo, Armstrong Air, AirEase, Concord, or Ducane brand evaporator coil, covered by an Original Warranty ("Original Coil"), whether purchased separately, as part of an air handler, or as part of a packaged unit, for their personal, their family, or their household purposes, that was installed in a house, condominium unit, apartment unit, or other residential dwelling located in the United States.

What does the Settlement provide? An Expanded Warranty and Reimbursement Program (the "Program") that includes: (1) a \$75 service rebate; (2) an aluminum tube or coated copper tube Replacement Coil after the first coil replacement; (3) up to \$550 as retroactive reimbursement for labor and refrigerant charges for the replacement of the Original Coil in the event there is more than one coil replacement; and (4) up to \$550 as reimbursement for labor and refrigerant charges for each uncoated copper tube coil replacement after the first replacement. Program benefits require replacement of an Original Coil due to a coil leak within five years after installation and will vary by individual Settlement Class Members.

How do I get Settlement benefits? You must submit a Claim Form by the later of **February 1, 2016 or 60 days after your Original Coil is replaced by installation of a Replacement Coil** to obtain coverage under the Program and to request benefits for which you may be eligible as of the date you submit your Claim Form. If approved, you will be sent a Certificate explaining the benefits under the Program and when and how to redeem them. To redeem benefits for which you may first become eligible after submission of your Claim Form, you must submit Request for Benefits Forms with information and supporting documentation that were not already included with the Claim Form. Claim Forms and Request for Benefits Forms may be accessed and submitted online or downloaded for submission via U.S. Mail at www.evaporatorcoillawsuit.com. The Forms are also available by calling 1-888-841-1363 or by writing to Thomas v. Lennox Industries Inc., Settlement Administrator, P.O. Box 43374, Providence, RI 02940-3374.

Who represents me? The Court has appointed Kohn Swift & Graf, P.C., Quantum Legal LLC, and Seeger Weiss LLP as Class Counsel. You do not have to pay Class Counsel or anyone else to participate. If you want to be represented by your own lawyer, you may hire one at your own expense.

Your other options. If you are in the Settlement Class and you do nothing, your rights will be affected and you won't get any Settlement benefits. If you don't want to be legally bound by the Settlement, you must exclude yourself from the Settlement by **October 28, 2015**. Unless you exclude yourself, you won't be able to sue or continue to sue Lennox for any claim made in this lawsuit or released by the Settlement. If you stay in the Settlement, you may object to the Settlement or give notice of intent for you or your own lawyer to appear at the final approval hearing—at your own expense—but you don't have to. Objections and notices of intent to appear are due by **October 28, 2015**.

The Final Approval Hearing. The Court will hold a hearing on **December 2, 2015** to consider whether to approve the Settlement, and a request of up to \$1,250,000 for attorneys' fees, costs and expenses, which includes \$2,500 service awards to each Class Representative (Robert Thomas, Scott Patrick Harris, Michael Bell, Sandra Palumbo, Frank Karbarz, and Thomas Davis). If approved, these amounts, and the costs of administering the Settlement, will be paid by Lennox and will not reduce the amount of Settlement benefits available.

Want More Information? Call 1-888-841-1363, go to www.evaporatorcoillawsuit.com, write to Thomas v. Lennox Industries Inc., Settlement Administrator, P.O. Box 43374, Providence, RI 02940-3374, or email admin@evaporatorcoillawsuit.com.



MUSHROOM & LEEK HASH

Hands-on: 1 hr. 30 min.

Total: 1 hr. 45 min.

1 $\frac{1}{4}$ cup canola oil, divided
1 $\frac{1}{2}$ cups thinly sliced leek
6 ounces sliced portobello mushroom caps
1 tablespoon chopped fresh thyme
3 cups roasted potatoes from Master Hash recipe
1 cup roasted garlic cream from Master Hash recipe
1 cup Brussels sprout leaves
6 cherry tomatoes, halved
1\frac{1}{4} teaspoons kosher salt, divided
1\frac{1}{2} teaspoon freshly ground black pepper, divided
2 tablespoons half-and-half
\frac{1}{4} cup white vinegar
6 large eggs
2 tablespoons chopped fresh flat-leaf parsley

1. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add leek; cook 2 minutes, stirring. Add mushrooms and thyme; cook 4 minutes.

2. Heat a cast-iron skillet over medium-high heat. Add remaining 3 tablespoons oil and potatoes; cook 4 minutes. Add leek mixture, garlic cream, sprouts, tomatoes, 1 teaspoon salt, and $\frac{1}{4}$ teaspoon pepper; cook 2 minutes. Stir in half-and-half.

3. Follow steps 7 and 8 of Master Hash recipe to poach eggs and serve hash.

SERVES 6 (serving size: about $\frac{3}{4}$ cup hash and 1 egg)

CALORIES 362; **FAT** 20.8g (sat 5g, mono 9.2g, poly 4.4g); **PROTEIN** 12g; **CARB** 34g; **FIBER** 5g; **CHOL** 199mg; **IRON** 3mg; **SODIUM** 504mg; **CALC** 120mg

CHICKEN & VEGGIE HASH

Hands-on: 1 hr. 30 min.

Total: 1 hr. 45 min.

1 $\frac{1}{4}$ cup canola oil, divided
1 cup sliced red onion
1 (9-ounce) package frozen artichokes, thawed
1 tablespoon chopped fresh thyme
3 cups roasted potatoes from Master Hash recipe
\frac{1}{2} cup bottled roasted red bell peppers, drained and chopped
2 tablespoons chopped fresh oregano, divided
\frac{1}{2} teaspoon kosher salt
\frac{1}{2} teaspoon black pepper
6 ounces shredded skinless, boneless rotisserie chicken breast
3 ounces grated Parmesan cheese, divided
1 cup roasted garlic cream from Master Hash recipe
2 tablespoons half-and-half

1. Heat 1 tablespoon oil in a skillet over medium heat. Add onion, artichokes, and thyme; cook 5 minutes.

2. Heat a cast-iron skillet over medium-high heat. Add remaining 3 tablespoons oil and potatoes; cook 4 minutes. Stir in onion mixture, bell peppers, 1 tablespoon oregano, salt, black pepper, chicken, half of cheese, and garlic cream. Cook 2 minutes. Stir in half-and-half.

3. Divide hash among 6 plates. Sprinkle with remaining 1 tablespoon oregano and cheese.

SERVES 6 (serving size: about $\frac{3}{4}$ cup hash)

CALORIES 380; **FAT** 21.5g (sat 6.1g, mono 9g, poly 3.6g); **PROTEIN** 18g; **CARB** 31g; **FIBER** 6g; **CHOL** 51mg; **IRON** 1mg; **SODIUM** 540mg; **CALC** 250mg

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Beef on a Budget

BEEF PRICES ARE AT AN ALL-TIME HIGH, thanks to droughts in the Midwest, a record shortage of cattle, and an increase in demand. Instead of kicking beef off the plate entirely, we've transformed the tougher, less expensive cuts into incredibly rich, meltingly tender mains. A simple braise, clever stir-in, or bold marinade yields true beefy pleasure—for an average of less than \$3 per serving.

Recipes by **DAVID BONOM**

Photography by **JENNIFER CAUSEY**



London Broil with
Mushroom Sauce

Recipe p. 143

Top Blade Roast



The bone along the side of a top blade roast keeps the meat moist during braising and adds robust, beefy flavor. It's a fantastic pot roast cut.

Beer-Braised Top Blade Roast

Recipe p. 145



\$2.35
Per Serving

**Mojo Flat Iron Steak
with Red Pepper Salsa**

Recipe p.145

Flat Iron Steak

Flat iron steak comes from the shoulder, but it has more fat than connective tissue. Grill, sear in a cast-iron pan, or slice this cut into thin strips and stir-fry.

\$3.62
Per Serving



Short Ribs

Small, square short ribs come from the back rib section closest to the shoulder. Layers of connective tissue call for long, moist cooking, but there's enough fat to finish the meat on the grill.

\$1.79
Per Serving

Short Rib and
Tomato Ragout over
Pappardelle
Recipe p.144



\$2.39
Per Serving



Ground Sirloin

Lean ground sirloin comes from the cow's midsection. Brown and stir into sauces, or shape into burgers or meatballs with some sautéed onions for added moisture.



SIRLOIN AND PARMESAN MEAT LOAF

Hands-on: 15 min.

Total: 1 hr. 15 min.

For even shaping, use a loaf pan as a mold to shape the meat loaf; then invert onto the baking sheet.

1 tablespoon olive oil
2 cups chopped red onion (about 1 large)
6 garlic cloves, minced
½ cup ketchup, divided
1¾ pounds 90% lean ground sirloin
1½ cups fresh whole-wheat breadcrumbs
¼ cup chopped fresh basil
1 tablespoon spicy brown mustard
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
3 ounces Parmesan cheese, grated (about ¾ cup)
2 large eggs

1. Preheat oven to 375°. 2. Heat a large nonstick skillet over medium-high heat. Add oil; swirl to coat. Add onion and garlic; sauté 5 minutes. Cool slightly. Combine onion mixture, ¼ cup ketchup, and remaining ingredients in a large bowl, stirring just until combined. Press beef mixture into a 9 x 5-inch loaf pan. Invert pan onto a foil-lined baking sheet. Remove loaf pan. Bake meat loaf at 375° for 45 minutes. Brush top with remaining ¼ cup ketchup. Bake at 375° for 10 minutes or until a thermometer inserted into the center registers 155°. Let stand 10 minutes. Cut into 8 slices.

SERVES 8

CALORIES 284; FAT 14.5g (sat 5.8g, mono 6.2g, poly 0.9g); PROTEIN 26g; CARB 11g; FIBER 1g; CHOL 117mg; IRON 3mg; SODIUM 585mg; CALC 156mg

\$2.84
per serving



London Broil

The cut is lean and moderately tough—usually flank steak (from the belly, behind the ribs) or top round (from the rump). Marinate first to tenderize; then grill or broil for a charred crust.

LONDON BROIL WITH MUSHROOM SAUCE

Hands-on: 20 min.

Total: 4 hr. 15 min.

London broil actually refers to a cooking method rather than the specific cut (top round or flank steak). The unique wire rack technique in step 4 allows air to circulate and promotes browning on both sides of the steak.

¾ cup finely chopped shallots, divided
2 tablespoons minced garlic, divided
2 tablespoons extra-virgin olive oil, divided
2 tablespoons red wine vinegar
1 tablespoon Dijon mustard
1 tablespoon Worcestershire sauce

1 teaspoon hot sauce (such as Tabasco)
½ teaspoon dried thyme
1½ pounds top round steak, trimmed
2 (8-ounce) packages presliced mushrooms
¾ teaspoon kosher salt, divided
½ teaspoon freshly ground black pepper, divided
1½ cups unsalted beef stock (such as Swanson), divided
1 tablespoon all-purpose flour
1½ tablespoons butter
2 teaspoons lower-sodium soy sauce
1. Combine ½ cup shallots, 1 tablespoon garlic, 1 tablespoon oil, vinegar, mustard, Worcestershire, hot sauce, and thyme in a large bowl, stirring with a whisk. Add beef, turning to coat. Refrigerate 3½ hours, turning occasionally. Let beef mixture stand at room temperature 30 minutes before cooking.
2. Preheat broiler to high. Place oven rack 4 inches from broiler.
3. Heat a large nonstick skillet over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Add remaining ¼ cup shallots, remaining 1 tablespoon garlic, and mushrooms to pan; cook 10 minutes or until mushrooms are browned, stirring occasionally. Stir in ¼ teaspoon salt and ¼ teaspoon pepper. Combine ¼ cup stock and flour in a small bowl, stirring with a whisk. Add flour mixture and remaining 1¼ cups stock to pan; simmer 4 minutes or until slightly thickened. Remove pan from heat; stir in butter and soy sauce. Keep warm.
4. Remove beef from marinade; discard marinade. Wipe any marinade from beef with a paper towel. Sprinkle beef with remaining ½ teaspoon salt and remaining ¼ teaspoon pepper. Place a wire rack on a jelly-roll pan. Add beef to rack. Broil 5 minutes on each side for medium-rare or until desired degree of doneness. Place beef on a cutting board; let stand 5 minutes. Cut across the grain into thin slices. Serve with mushroom mixture.

SERVES 6 (serving size: about 3½ ounces beef and ¼ cup mushroom mixture)

CALORIES 273; FAT 14.7g (sat 5.7g, mono 6.6g, poly 0.9g); PROTEIN 29g; CARB 6g; FIBER 1g; CHOL 85mg; IRON 3mg; SODIUM 463mg; CALC 40mg



Chuck Roast

Chuck roast comes from the shoulder and requires a low and slow braise to break down connective tissue and become tender. Cook whole, or cut into pieces for rich, beefy stews.

until tender. Add remaining $\frac{1}{2}$ teaspoon salt, vinegar, and pepperoncini peppers to pan; cook 1 minute.

4. Place beef on a cutting board; let stand 5 minutes. Cut across the grain into thin slices. Return beef to Dutch oven. Top bottom halves of rolls with half of beef cooking liquid. Top evenly with beef, bell pepper mixture, remaining half of beef cooking liquid, and top halves of rolls.

SERVES 8 (serving size: 1 sandwich)

CALORIES 362; **FAT** 11.2g (sat 2.3g, mono 5.2g, poly 19g); **PROTEIN** 31g; **CARB** 32g; **FIBER** 2g; **CHOL** 74mg; **IRON** 4mg; **SODIUM** 671mg; **CALC** 57mg



CHICAGO- STYLE ITALIAN BEEF HOAGIES

Hands-on: 35 min.

Total: 3 hr. 45 min.

Chuck roast translates to big flavor when braised until tender. Instead of simmering on your stovetop, you can also place the Dutch oven in a 350° oven and bake for 2½ hours, turning once after 1 hour.

1 cup unsalted beef stock (such as Swanson)
 1½ teaspoons dried basil
 1 teaspoon dried oregano
 1 teaspoon garlic powder
 1 teaspoon onion powder
 ¾ teaspoon crushed red pepper

\$2.18

Per Serving

2 tablespoons olive oil, divided
 2 pounds boneless chuck roast, trimmed
 1 cup water
 1 teaspoon kosher salt, divided
 6 garlic cloves, thinly sliced
 1 red bell pepper, thinly sliced
 1 green bell pepper, thinly sliced
 1 tablespoon white wine vinegar
 4 pepperoncini peppers, drained and chopped
 8 (2-ounce) hoagie rolls, halved horizontally

1. Combine first 6 ingredients in a medium bowl, stirring with a whisk.

2. Heat a large Dutch oven over medium-high heat. Add 1 tablespoon oil; swirl to coat. Add beef to pan; cook 10 minutes, turning to brown on all sides. Add stock mixture, 1 cup water, and $\frac{1}{2}$ teaspoon salt to pan; bring to a boil. Reduce heat to medium-low; cover and simmer 90 minutes. Turn beef; cover and simmer 90 minutes or until beef is very tender. Remove pan from heat; keep warm.

3. Heat a large nonstick skillet over medium-high heat. Add remaining 1 tablespoon oil; swirl to coat. Add garlic and bell peppers to pan; sauté 7 minutes or

SHORT RIB AND TOMATO RAGOUE

Hands-on: 25 min.

Total: 4 hr.

The short rib bones add incredible flavor to the ragout as the meat breaks down.

1 tablespoon olive oil
 4 (6-ounce) bone-in short ribs, trimmed
 $\frac{3}{4}$ teaspoon kosher salt, divided
 $\frac{1}{2}$ teaspoon freshly ground black pepper, divided
 2 cups finely chopped onion
 $\frac{3}{4}$ cup finely chopped carrot



MOJO FLAT IRON STEAK

Hands-on: 35 min. Total: 60 min.

The ultratender flat iron is an affordable alternative to rib-eye. Look for (or request) flat, rectangular steaks—butchered specifically to eliminate the line of tough connective tissue that runs down the middle of the entire cut.

- 2 teaspoons grated orange rind
- 1/4 cup fresh orange juice
- 2 teaspoons grated lime rind
- 3 tablespoons fresh lime juice, divided
- 2 tablespoons extra-virgin olive oil, divided
- 2 garlic cloves, minced
- 2 teaspoons brown sugar
- 1 teaspoon chili powder
- 1/4 teaspoon ground chipotle chile powder
- 1 (1-pound) flat iron steak, trimmed

Cooking spray

- 1 teaspoon kosher salt, divided
- 1 cup finely chopped red bell pepper
- 1 cup finely chopped peeled seeded cucumber
- 3 tablespoons finely chopped red onion
- 2 tablespoons chopped fresh cilantro
- 1 jalapeño pepper, seeded and finely chopped

1. Combine orange rind, orange juice, lime rind, 2 tablespoons lime juice, 1 tablespoon oil, and next 4 ingredients (through chipotle) in a bowl, stirring with a whisk. Add steak, turning to coat. Let stand 30

SERVES 8 (serving size: about 3/4 cup beef mixture and 2/3 cup pasta)
CALORIES 361; **FAT** 11.1g (sat 4.1g, mono 5.1g, poly 0.8g); **PROTEIN** 24g; **CARB** 43g; **FIBER** 7g; **CHOL** 50mg; **IRON** 4mg; **SODIUM** 479mg; **CALC** 64mg

1. Heat a large Dutch oven over medium-high heat. Add oil; swirl to coat. Sprinkle ribs with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add ribs to pan; cook 10 minutes, turning to brown on all sides. Place ribs on a plate. Add onion, carrot, celery, and garlic to pan; cook 5 minutes, stirring occasionally. Add 2 cups water, tomato paste, basil, oregano, and tomatoes to pan, gently breaking up tomatoes with a spoon. Return ribs to pan. Cover, reduce heat, and simmer 3 1/2 hours or until beef is very tender.

2. Place ribs on a plate; remove and discard bones. Shred beef with 2 forks. Stir beef, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper into tomato mixture; keep warm.

3. Cook pasta according to package directions, omitting salt and fat. Serve beef mixture over pasta.

SERVES 8 (serving size: about 3/4 cup beef mixture and 2/3 cup pasta)
CALORIES 361; **FAT** 11.1g (sat 4.1g, mono 5.1g, poly 0.8g); **PROTEIN** 24g; **CARB** 43g; **FIBER** 7g; **CHOL** 50mg; **IRON** 4mg; **SODIUM** 479mg; **CALC** 64mg

minutes at room temperature, turning occasionally.

2. Heat a grill pan over high heat. Coat pan with cooking spray. Remove steak from marinade; discard marinade. Sprinkle steak with 1/2 teaspoon salt. Add steak to pan; grill 5 minutes on each side for medium-rare or to desired degree of doneness. Place steak on a cutting board; let stand 5 minutes. Slice steak across the grain.

3. Combine remaining 1 tablespoon lime juice, remaining 1 tablespoon oil, remaining 1/2 teaspoon salt, and remaining ingredients in a bowl. Serve with steak.

SERVES 4 (serving size: 3 1/2 ounces beef and about 1/2 cup salsa)

CALORIES 216; **FAT** 11.1g (sat 3.4g, mono 6.4g, poly 0.9g); **PROTEIN** 24g; **CARB** 6g; **FIBER** 1g; **CHOL** 81mg; **IRON** 3mg; **SODIUM** 587mg; **CALC** 26mg

1 teaspoon kosher salt, divided

1/2 teaspoon freshly ground black pepper

1 (12-ounce) bottle beer (such as lager)

1 1/2 cups unsalted beef stock (such as Swanson)

2 fresh rosemary sprigs

1. Heat bacon in a large Dutch oven over medium heat 4 minutes or until crisp, stirring frequently. Add onion and garlic; cook 8 minutes. Place onion mixture in a bowl.

2. Increase heat to medium-high. Add oil; swirl to coat. Sprinkle beef with 1 tablespoon flour, 1/2 teaspoon salt, and pepper. Add beef to pan; cook 10 minutes, turning to brown on all sides. Add beer to pan; bring to a simmer, scraping pan to loosen browned bits. Add onion mixture, stock, remaining 1/2 teaspoon salt, and rosemary to pan; bring to a simmer. Cover, reduce heat, and simmer 2 hours. Turn beef; cover and cook 2 hours or until very tender. Place beef on a plate, and cover with foil.

3. Remove rosemary from pan; discard. Combine remaining 1 tablespoon flour and 1/4 cup beef cooking liquid in a small bowl, stirring with a whisk. Add flour mixture to pan.

Increase heat to medium-high. Cook 3 minutes or until slightly thickened, stirring frequently. Cut beef across the grain into thin slices. Serve with sauce.

SERVES 10 (serving size: about 3 ounces beef and 1/4 cup sauce)

CALORIES 250; **FAT** 13.7g (sat 4.8g, mono 5.6g, poly 0.8g); **PROTEIN** 24g; **CARB** 5g; **FIBER** 1g; **CHOL** 79mg; **IRON** 3mg; **SODIUM** 381mg; **CALC** 17mg

BEER-BRAISED TOP BLADE ROAST

Hands-on: 30 min.

Total: 4 hr. 30 min.

You can also cook the roast in a slow cooker. After adding the stock, transfer to a 6-quart electric slow cooker, and cook on LOW for about 8 hours.

- 6 center-cut bacon slices, chopped
- 2 medium onions, vertically sliced
- 6 garlic cloves, thinly sliced
- 1 1/2 tablespoons olive oil
- 1 (2 1/2-pound) top blade roast, trimmed
- 2 tablespoons all-purpose flour, divided

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TECHNIQUE

CARAMELIZING

Slowly cooked, onions undergo a lovely transformation, becoming silky, nutty, and amber brown. This process, caramelization, occurs as the onions' sugars release and cook. Here's how:

CARAMELIZED ONIONS

Hands-on: 45 min. Total: 45 min.

2 medium yellow onions (about 11½ ounces)

1½ tablespoons canola oil

¼ teaspoon kosher salt

1. Peel and trim onions, and vertically slice ¼ inch thick.

Why? Slicing lengthwise, and not too thinly, maintains the onions' cell structure and keeps them from becoming mushy.

2. Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add onions and ¼ teaspoon salt. Cook 8 minutes, stirring.

Why? A nonstick pan enables long, slow cooking using just a little oil. Beginning over medium-high heat jump-starts caramelization; the salt helps to quickly extract the onions' sugary juices.

3. Reduce heat to medium-low. Cook for 35 minutes or until deep amber, stirring. Use for pizzas, panini, or pasta tosses.

Why? Milder heat prevents scorching as the onions' natural sugars continue to release and brown. Flavors mellow and the onions shrink and soften.

SERVES 4 (serving size: 1/3 cup)

CALORIES 81; **FAT** 5.3g (sat 0.4g, mono 3.3g, poly 1.5g); **PROTEIN** 1g; **CARB** 8g; **FIBER** 1g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 123mg; **CALC** 20mg

—Cheryl Slocum

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLEN



Use It Up Challenge: Part-Skim Ricotta

Airy and slightly sweet, part-skim ricotta is the key to making our dumplings on page 54 distinctly fluffy and tender. But don't stop there—from breakfast to dessert, we have more mouthwatering ways to get cooking when you find yourself with a lotta ricotta.

1 FIG, HAM, AND RICOTTA PIZZA

Place a pizza stone in oven; preheat to 500°. Let 12 ounces refrigerated **fresh pizza dough** stand at room temperature for 30 minutes. Combine $\frac{3}{4}$ cup part-skim ricotta cheese, $\frac{1}{3}$ cup reduced-fat sour cream, 2 tablespoons **half-and-half**, $\frac{1}{8}$ teaspoon kosher salt, and $\frac{1}{8}$ teaspoon black pepper in a bowl. Flour a sheet of parchment paper. Working on parchment, stretch dough into an 11-inch circle. Brush with 1 teaspoon olive oil. Spread ricotta mixture over dough, leaving a $\frac{1}{2}$ -inch border. Top with 5 quartered **fresh figs**, $\frac{1}{3}$ cup sliced red onion, and 2 ounces chopped lower-sodium sliced ham. Slide onto a pizza peel, then onto pizza stone in oven. Bake 12 minutes. Sprinkle with 1 teaspoon fresh thyme leaves, $\frac{1}{8}$ teaspoon kosher salt, and $\frac{1}{8}$ teaspoon black pepper. Drizzle with 2 teaspoons balsamic glaze.

SERVES 4 (serving size: 2 slices)

CALORIES 388; **FAT** 10.1g (sat 4.6g, mono 2.8g, poly 0.2g); **PROTEIN** 17g; **CARB** 55g; **FIBER** 8g; **CHOL** 34mg; **IRON** 2mg; **SODIUM** 675mg; **CALC** 189mg

2 BLOOD ORANGE CANNOLI CUPS

Place 1 cup part-skim ricotta cheese, 2 tablespoons powdered sugar, 1 teaspoon grated blood orange rind, 2 teaspoons **fresh blood orange juice**, 1 teaspoon **heavy cream**, and $\frac{1}{8}$ teaspoon kosher salt in a bowl; stir to combine. Place 24 mini phyllo shells on a rimmed baking sheet. Bake at 350° for 5 minutes; cool. Fill each shell with 2 teaspoons ricotta mixture; top each with $\frac{1}{4}$ teaspoon **semisweet chocolate minichips**.

SERVES 6 (serving size: 4 cannoli cups)

CALORIES 158; **FAT** 8.7g (sat 2.9g, mono 1.4g, poly 0.2g); **PROTEIN** 5g; **CARB** 15g; **FIBER** 0g; **CHOL** 14mg; **IRON** 0mg; **SODIUM** 142mg; **CALC** 115mg

CHEESY TIP
Thinned out a little and made creamier, ricotta can be used as both the sauce and the cheese for pizzas and flatbreads.

3 CARROT RIBBON SALAD WITH LAVENDER-RICOTTA DRESSING

Combine 1 cup part-skim ricotta cheese, $\frac{1}{4}$ cup low-fat buttermilk, $\frac{1}{2}$ teaspoons grated lemon rind, 3 tablespoons **fresh lemon juice**, and 1 tablespoon **honey** in a blender. Blend on HIGH for 1 minute. Stir in $\frac{1}{2}$ teaspoons dried lavender and $\frac{1}{2}$ teaspoon kosher salt. Pour dressing over 8 cups peeled shaved **carrot**; toss. Chill 30 minutes. Garnish with a few **parsley leaves**.

SERVES 8 (serving size: $\frac{1}{2}$ cup)

CALORIES 90; **FAT** 2.7g (sat 1.6g, mono 0.8g, poly 0.2g); **PROTEIN** 5g; **CARB** 13g; **FIBER** 2g; **CHOL** 10mg; **IRON** 0mg; **SODIUM** 226mg; **CALC** 122mg

4 RICOTTA LEMON-BLUEBERRY WAFFLES

Combine $\frac{3}{4}$ cups all-purpose flour, 2 tablespoons sugar, 2 teaspoons **baking powder**, and $\frac{1}{4}$ teaspoon **salt** in a bowl, stirring with a whisk. In a separate bowl, combine 1 cup **1% low-fat milk**, $\frac{1}{2}$ cup part-skim ricotta cheese, 2 tablespoons melted butter, 2 tablespoons **canola oil**, 1 tablespoon grated **lemon rind**, 1 tablespoon **fresh lemon juice**, and 1 **large egg**. Add milk mixture to flour mixture, stirring. Coat a waffle iron with **cooking spray**. Spoon $\frac{1}{3}$ cup batter per 4-inch waffle onto waffle iron. Cook 5 minutes; repeat with remaining batter. Combine 1 cup **blueberries**, 2 tablespoons **sugar**, and 1 teaspoon **fresh lemon juice** in a saucepan; bring to a boil. Mash mixture with a fork. Simmer 3 minutes. Remove from heat; serve waffles with berry sauce.

SERVES 6 (serving size: 1 waffle and 2 tablespoons sauce)

CALORIES 314; **FAT** 11.8g (sat 4.4g, mono 4.9g, poly 1.9g); **PROTEIN** 9g; **CARB** 44g; **FIBER** 2g; **CHOL** 50mg; **IRON** 2mg; **SODIUM** 350mg; **CALC** 212mg

—Recipes by the CL Kitchen



HOW TO PEEL A PLANTAIN

Cut off the tips at both ends. Cut a lengthwise slit through the skin. Remove the peel in one piece.

Plantain Ripeness

Plantains add body and balance to the mole sauce on page 108. Flavor varies significantly by ripeness, from slightly nutty, barely sweet green plantains to very sweet, very ripe black ones. Unlike bananas, plantains are best cooked. Store at room temperature.

GREEN PLANTAINS

Very firm and starchy. Slice thin, toss with a little oil, and bake at 350° for 30 minutes for plantain chips.

YELLOW PLANTAINS

Slightly sweeter and less starchy than green plantains. Thick slices will hold their shape on the grill or in the pan and caramelize nicely.

BLACK PLANTAINS

Sweetest and softest plantains. Peel and mash to add body to soups and sauces. Or roast whole, peel, and sprinkle with cinnamon for dessert.

—Hannah Klinger

HOW-TO

DIY CHILE POWDER

For chile powder that's fresher and cheaper than store-bought, make your own.

—Robin Bashinsky



1. Stem and seed 2 to 3 dried chiles (such as chipotle, guajillo, or pasilla).



2. Toast 1 teaspoon cumin seeds and chiles in a small, dry skillet 3 minutes or until fragrant. Cool.



3. Grind in a spice grinder or with a mortar and pestle until finely ground. Store in an airtight glass container for up to 6 months.

SPOTLIGHT ON

POWERFUL BRAISES

We used classic braising liquids (stock and beer) in the story on page 138, but try adding a splash of these for bolder flavor.



RED WINE VINEGAR

Adds fruity zing (without the calories of wine) to rich chicken thighs and is a natural pair for cabbage.



BREWED COFFEE

Commonly used to add depth to chili recipes, coffee also brings complexity to braised short ribs.



APPLE CIDER

Onions, kale, collards, and pork cuts, from chops to shoulder, all play well against the tart-tangy-sweet nature of fresh cider.

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TREAT TRICK

For Popcorn Pops, slide a skewer into the center of each slightly cooled ball; gently compress to secure stick.

Watch our how-to video at cookinglight.com/wow.

OLD-FASHIONED POPCORN BALLS

Hands-on: 35 min.

Total: 45 min.

Guess what? This is a whole-grain dessert. To keep the stickiness at bay, wear latex gloves coated with cooking spray as you shape the popcorn balls.

1 tablespoon canola oil
1/3 cup unpopped popcorn
Cooking spray
1 cup sugar
1/2 cup light-colored agave nectar
1/4 cup water
1 tablespoon butter
1/2 teaspoon salt
1 teaspoon vanilla extract

1. Heat a Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add popcorn; cover and cook 3 minutes or until kernels pop, shaking pan frequently. When popping slows down, remove pan from heat. Let stand 1 minute or until popping stops. Pour popcorn into a large bowl coated with cooking spray.
2. Combine sugar and next 4 ingredients (through salt) in a medium, heavy saucepan. Cook over medium-high heat until a candy thermometer

registers 300°. Remove from heat; stir in vanilla. Immediately pour hot syrup over popcorn; toss well to coat. Cool slightly (about 1 to 2 minutes). Carefully form mixture into 8 balls, being careful not to compact too tightly.

SERVES 8 (serving size: 1 popcorn ball)
CALORIES 216; **FAT** 3.5g (sat 1g, mono 1.5g, poly 0.6g); **PROTEIN** 1g; **CARB** 47g; **FIBER** 1g; **CHOL** 4mg; **IRON** 0mg; **SODIUM** 160mg; **CALC** 1mg

ROCKY ROAD VARIATION
Add 1 cup mini marshmallows and 2/3 cup chocolate chips to popcorn before adding hot sugar syrup in step 2.

SERVES 8 (serving size: 1 popcorn ball)
CALORIES 303; **FAT** 7.7g (sat 3.5g, mono 2.9g, poly 0.7g); **PROTEIN** 2g; **CARB** 61g; **FIBER** 2g; **CHOL** 4mg; **IRON** 1mg; **SODIUM** 167mg; **CALC** 5mg

CANDIED APPLE VARIATION

Add 1 ounce lightly crushed **apple chips** to bowl with popcorn in step 1. Omit agave nectar; add 1/2 cup **cinnamon hard candies** to sugar mixture in step 2.

SERVES 8 (serving size: 1 ball)
CALORIES 229; **FAT** 3.5g (sat 1g, mono 1.5g, poly 0.6g); **PROTEIN** 1g; **CARB** 49g; **FIBER** 2g; **CHOL** 4mg; **IRON** 0mg; **SODIUM** 174mg; **CALC** 1mg

—Recipes by Ann Taylor Pittman



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